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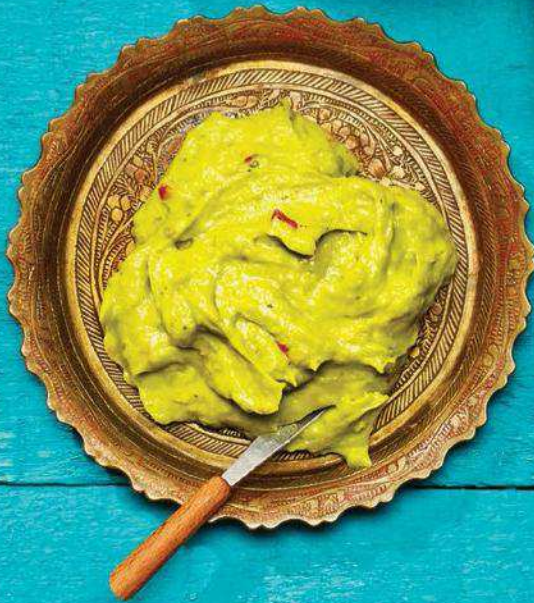


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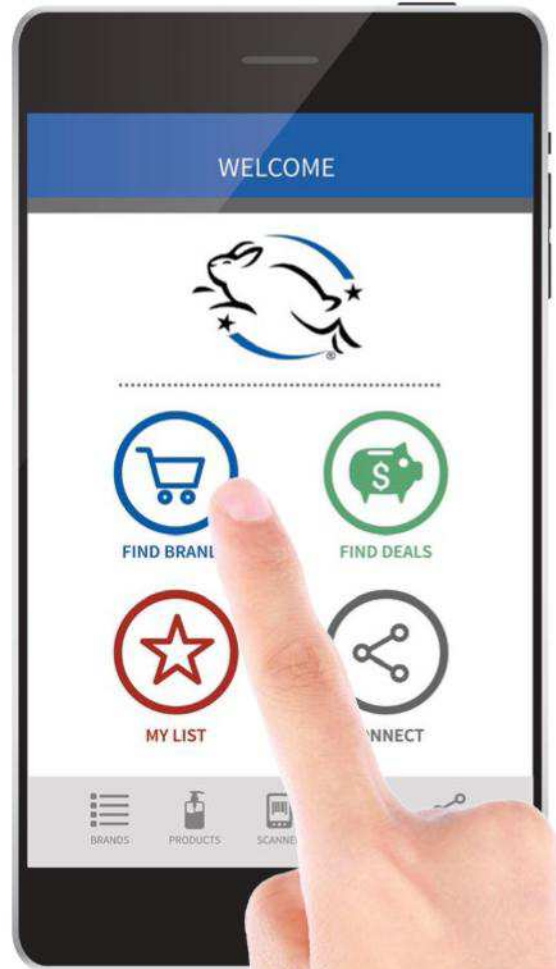
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The Summer Issue!



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July+August 2018

VegNow

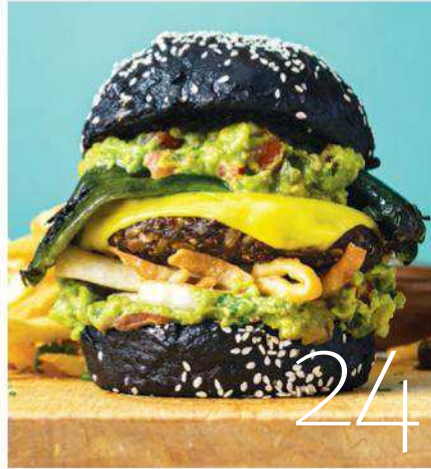
Keeping you informed on all things veg

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The latest news in food, health, environment, and animals

VegInDepth

A closer look at intriguing topics

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VegLifeStyle

Helping to enrich your veg life

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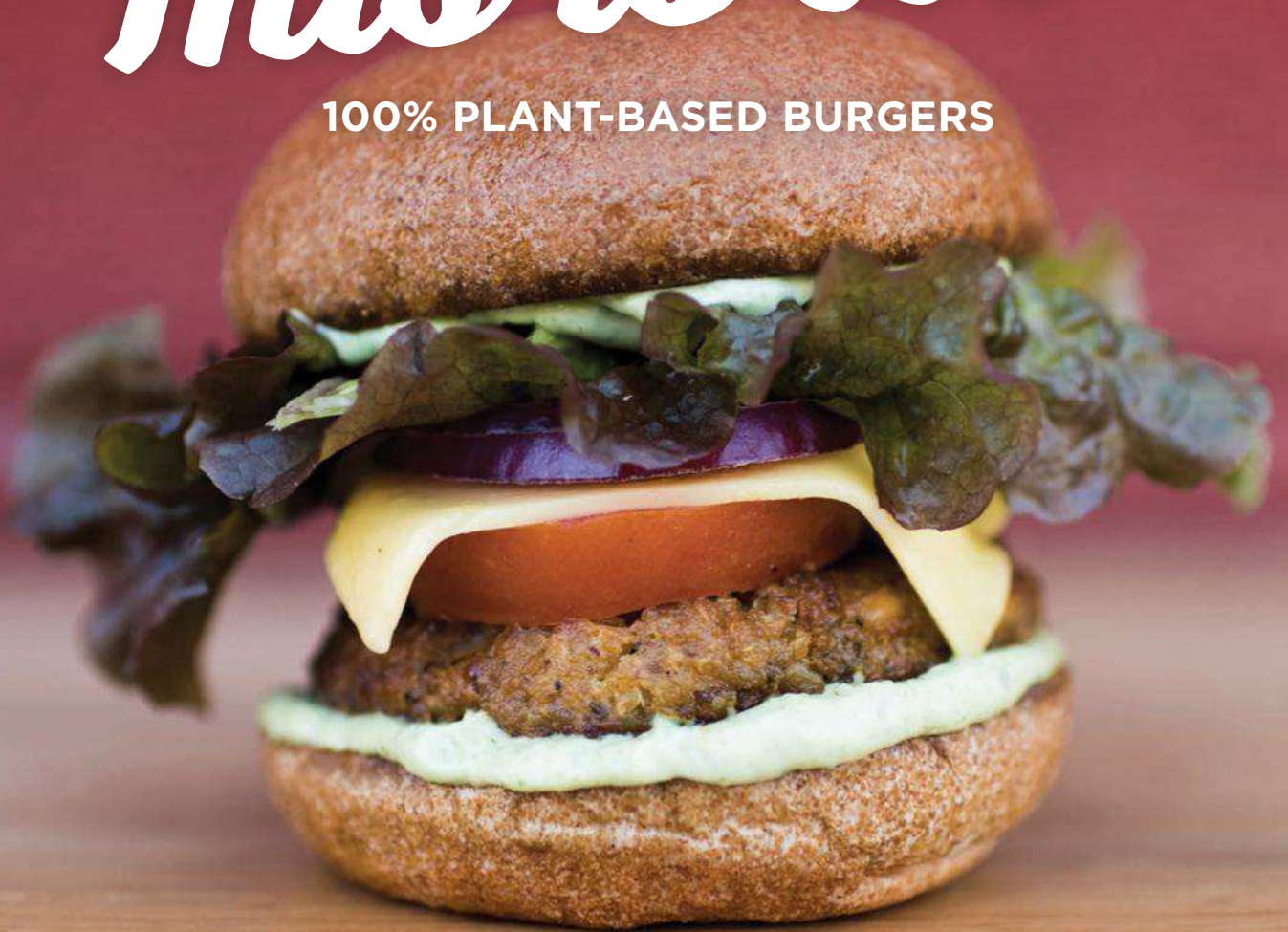
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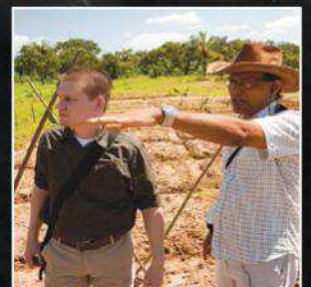
Our supplier is a cooperative of small-scale organic farmers

Our grant helped build an organic training center

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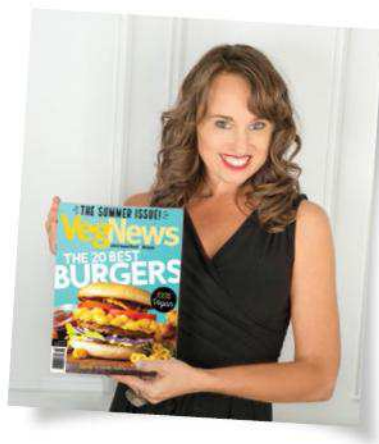


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LA Story



In the early 1990s, I was a bright-eyed sociology major at the University of California, Los Angeles, doing my best to master the art of understanding social behavior with the same tenacity I attempted to perfect the off-the-shoulder sweatshirt look (admittedly, this has never gone out of style for me). In between a busy class schedule, interning for a big film studio, and spending summers au pairing in France and teaching English in Japan, I would gallivant around the bustling streets of LA each weekend. From the bohemian beach vibe of Venice (a 50-cent bus ride from the UCLA campus) to exploring the hole-in-the-wall eateries dotting downtown, I relished my new life in the big city. But it was San Francisco that ultimately stole my heart, and that's where I landed for the next two decades. **LA would simply be a stop along my journey, or so I thought.**

But here I am, in 2018, beginning a new life in my old college town. No one is more surprised than me, as I never thought Los Angeles could draw me in again. After 18 years of running VegNews in Northern California, it was time for a change. And LA came calling, big time.

In April, we opened our new editorial offices in the heart of Hollywood. Although I only spend part of my time there (I am not quite ready to make the permanent move—yet!), life in Tinseltown has been nothing short of phenomenal. The city has transformed into a virtual jungle of delectable vegan food, the veg community is stronger than ever and has rolled out the red carpet for our arrival, and we've never been closer to what we feel is the epicenter of the plant-based lifestyle. **There's a reason why VegNews editors named LA the #1 vegan city in America—from ice cream and doughnuts to Ethiopian and Persian, vegan food is everywhere in this sun-splashed town.**

Because of my new love affair with Los Angeles, I couldn't be more thrilled to share our "Made in LA" food feature on the very best cuisine this city offers. For months, Food Editor Jennifer Chen has been working with LA's top vegan chefs and restaurants to bring VN readers sensational recipes that will surely make you a star amongst friends and family. One bite of the Baja Artichoke Tacos or Fettuccine Carbonara with Shiitake Bacon, and you too may feel the lure of La-La Land.

So park yourself poolside, put on your rockstar sunglasses, and join me in celebrating this red-hot Summer Issue. VegNews editors are right there with you (by way of Hollywood, of course), dishing the fabulous veg lifestyle every step of the way.

Colleen Holland
Publisher + Co-Founder

Colleen's Fab 5

Although I adore everything we publish in VegNews, here are five stories that absolutely can't be missed.

20 Best Vegan Burgers (p.24)

VegNews Associate Editor Richard Bowie penned this mouthwatering cover story on the juiciest, most succulent burgers in the country. Did your favorite make the cut?

Sweet Hearts (p.34)

Our annual vegan wedding feature returns with five spectacular meat-free nuptials. You won't want to miss these love stories!

Inside Scoop (p.54)

Summer is officially here, so a full-fledged ice cream taste test is obviously in order. Which brands stole our hearts?

Pure Miami (p.56)

VegNews hit Miami for the opening of Chef Chloe and the Vegan Cafe, where we couldn't get enough of Chloe Coscarelli's butternut squash nachos and salted chocolate chip cookies.



Sizzling Soirée (p.80)

We sat down with celebrity vegan chef Leslie Durso for her tips on throwing the ultimate backyard bash. I'll be making Leslie's sparkling wine cocktails all summer long!

We're Live!

The opening of our LA offices isn't the only exciting news around here—we just launched our brand-new website! Visit VegNews.com for up-to-the-minute reporting on news, food, fashion, beauty, and so much more. We hope you love it as much as we do!

your say

VN READERS SHARE WHAT'S ON THEIR MINDS



“Just enjoying the latest issue of @VegNews.”
@veganchefkayla



“I don't know about you guys, but we're going to make this mango pie from @VegNews ASAP. Mars can't wait!”
@norcalfarmacy



“I'm here whenever you wanna share your rainbow funfetti cake!”
@otis_the_fluffy

“I learn something new every time an issue arrives! Thank you for being so interesting, relative, and informative.”
@oneil.sara

Tag your Instagram pics with #vegnews for a chance to be featured in the magazine!

“What's the best way to read your favorite magazine's travel issue? Beachside in Mexico, baby! If you are looking for epic plant-based and vegan inspiration, then get your paws on VegNews.”

@practicallyplantbasemom

VegNews.com Must-Reads!

1. 5 Vegan-Friendly Beach Towns Perfect for Late Summer
2. Ginger Peach Sangria
3. How to Buy Eco-Friendly Flowers
4. 7 Best Spots for Vegan Frozen Yogurt
5. 5 Ways to Throw a Summer Vegan Birthday Party

★ Don't miss the VegNews team live on Facebook Live and Instagram Stories!



“Wonderful afternoon at the @VegNews #LA offices! Met some amazing people, fed them treats, and got to see my two newest recipes in their latest issue! Such an honor being in my fave magazine.”
@yvonesvegankitchen

Facebook Q+A

What is your dream vegan getaway?

- Taipei 50%
- Paris 37%
- Mexico City 12%

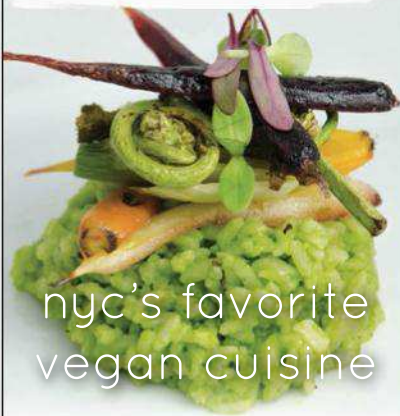


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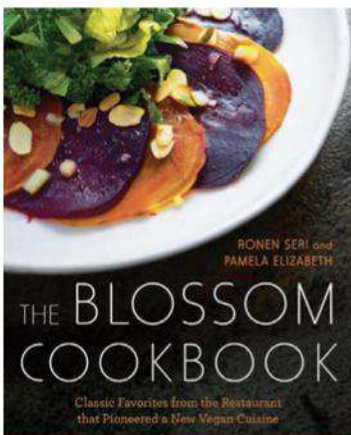
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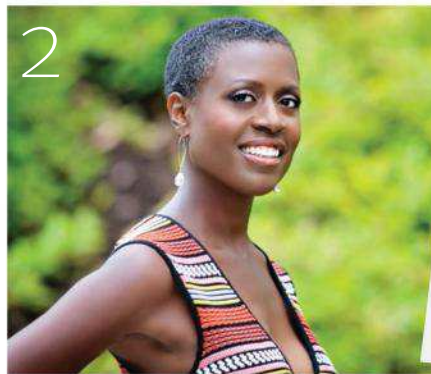
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contributors /



1 Maya Gottfried
Sweet Hearts, p.34

Where I live: Beekman, NY

Veg for: 11 years

Go-to smoothie blend: Mango, black cherries, almond butter, and almond milk

Always in my fridge: Fresh produce and a jar of tahini

Fantasy wedding cake: Hazelnut

Must-have burger topping: Guacamole

Favorite ice cream flavor: Anything with peanut butter

Dream summer vacay: South of France

2 Tracye McQuirter
Healthy Hues, p.64

Where I live: Washington, DC

Veg for: 30 years

Go-to smoothie blend: Raspberries, kiwi, banana, hemp seeds, and dandelion greens

Always in my fridge: Kale

Fantasy wedding cake: Chocolate-raspberry, coconut, and carrot cakes with coconut-lemon frosting

Must-have burger toppings: Avocado, red pepper hummus, grilled onions, and tomato

Favorite ice cream flavor: Chocolate almond

Dream summer vacay: Thailand

3 Ellen Kanner
Pure Miami, p.56

Where I live: Miami, FL

Veg for: 40 years

Go-to smoothie blend: Mango, spinach, ginger, and almond milk

Always in my fridge: Fresh greens, cilantro, miso, sriracha, and almond milk

Fantasy wedding cake: Carrot cake—the same one I had at my wedding 30 years ago!

Must-have burger topping: Jalapeños

Favorite ice cream flavor: Almond chocolate chip

Dream summer vacay: Sicily

4 Lawrie Moore-Walter
Vibrant Vienna, p.60

Where I live: Vienna, Austria

Veg for: 26 years

Go-to smoothie blend: Banana, peanut butter, spinach, and almond milk

Always in my fridge: Vegenaïse

Fantasy wedding cake: Black forest

Must-have burger toppings: Pineapple, fried onions, and barbecue sauce

Favorite ice cream flavor: Hazelnut

Dream summer vacay: Reading on the beach

VegNews



July + August Contributors

Laura Hooper Beck, Richard Bowie, Alice Cherng, Chef Doomie, Leslie Durso, Julia Gordienko, Maya Gottfried, Ellen Kanner, Rachel Krantz, Tracye McQuirter, Chris Miller, Lawrie Moore-Walter, Lou Oates, Krimsey Ramsey, Steven Seighman, Lauren Shafer, Jackie Sobon, Kristy Turner, Belinda Wei, Erin and Jeff Wysocarski

The Fine Print

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Plant Power

From placing first in grueling 3,400-mile-long cycling races to winning gold at the Olympics, these plant-fueled powerhouses are proving that a diet without animal protein can elevate you to the top of your game.

Abdullah Zeinab Cycling

The 24-year-old avid cyclist and vegan YouTuber completed the unofficial version of a 3,400-mile-long race from Perth to Sydney in just 14 days, all while proudly sporting his Vegan Athletic-embazoned biking shirt and sustaining himself on veggie burgers, raw nuts, and Gatorade.

BIG WIN: The 2018 Indian Pacific Wheel Race

Kendrick Farris Weightlifting

This three-time Olympian—and only American male to compete in weightlifting in the 2016 Olympic Games in Rio de Janeiro—broke the US record, hoisting a total of 831 pounds, crediting his plant-based diet of avocado quesadillas, spinach lasagna, and fresh fruit for making his body lean and his lifts more powerful.

BIG WIN: One of *Sports Illustrated's* 50 Fittest Men of 2017

Meagan Duhamel Figure Skating

This seven-time Canadian National Champion in pairs figure skating and two-time World Champion figure skater now adds Olympic gold medalist to her roster, and she did it all with the help of superfood smoothies, protein-packed chia and hemp seeds, and oatmeal breakfasts.

BIG WIN: Gold Medal in the 2018 Winter Olympics in Pyeongchang

Tia Blanco Surfing

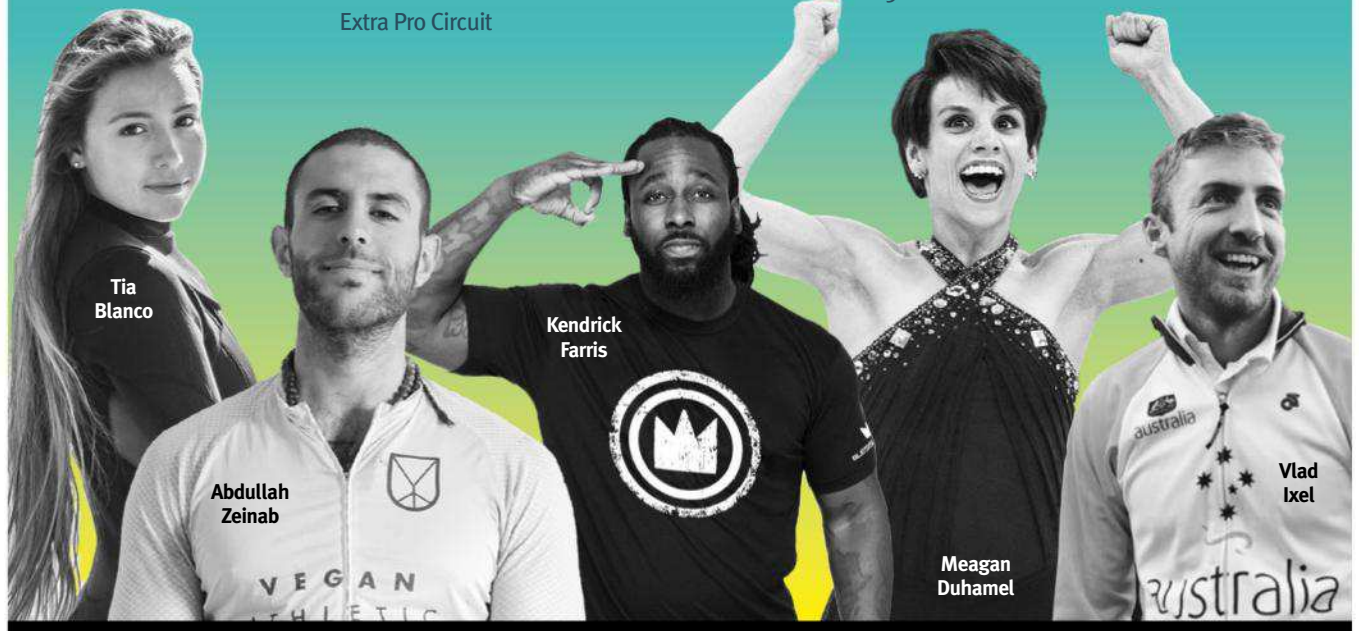
This Puerto Rican-born, two-time world surfing champion and popular vegan lifestyle blogger stays energized with Beyond Meat burgers and protein shakes, and was recently crowned the Corona champ after competing in some of Puerto Rico's most treacherous surf spots.

BIG WIN: The 2018 Corona Extra Pro Circuit

Vlad Ixel Ultramarathons

The Australian ultramarathoner has more than 30 wins under his belt and has raced all over the globe, from the Atacama Crossing in Chile to the steep, coastal TransLantau race in Hong Kong—all while staying powered by fruit, giant salads, and pasta dinners.

BIG WIN: The 2018 TransLantau 25K Race



Tia Blanco: Francis Juarez; Abdullah Zeinab: courtesy of Abdullah Zeinab; Kendrick Farris: courtesy of Kendrick Farris; Meagan Duhamel: Paul Chiasson; Vlad Ixel: courtesy of @vladixel



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The price customers pay to try the meat-free Impossible Burger sliders at 140 White Castle locations in New York, New Jersey, and Chicago. The recently debuted mini burgers are served on a vegan bun with pickles and onions, and need only be ordered without cheese for a fully plant-based experience. Getting a vegan meal from a fast-food chain? No longer a mission impossible.

Missing Link

On the heels of its successful launch of “bleeding” Beyond Burgers, vegan protein company Beyond Meat introduced Beyond Sausages at Whole Foods Markets nationwide. The links—in Sweet Italian, Hot Italian, and Brat Original flavors—mimic the taste of pork sausages, but are made from pea, fava bean, and rice protein. We’re firing up the grill!



Minneapolis-based vegan butcher shop The Herbivorous Butcher recently opened its first food truck, serving fried chicken sandwiches, bacon-ranch mac and cheese, and barbecue king oyster mushroom sliders in the Twin Cities area. Hey butchers: we’ll get in our Prius, you hop in the truck, and let’s meet halfway?

A STUDY BY the Physicians Committee for Responsible Medicine found that when placed on a plant-based diet, more than 300 GEICO employees saw dramatic health improvements. Following the 18-week study, employees on a diet high in whole grains, legumes, fruit, and vegetables saw the most benefits, including:

- ✓ An average 10-pound weight loss
- ✓ Lower cholesterol
- ✓ Stabilized blood-sugar levels
- ✓ Less anxiety and depression
- ✓ Less fatigue



After failing to capture the buying power of vegan-leaning millennials, **Applebee’s and IHOP have announced the closure of more than 200 restaurants since 2017.** Meanwhile, plant-based, fast-casual concepts are thriving—including Next Level Burger, with six locations on the West Coast and in New York, and by CHLOE, which recently secured \$31 million for a global expansion.

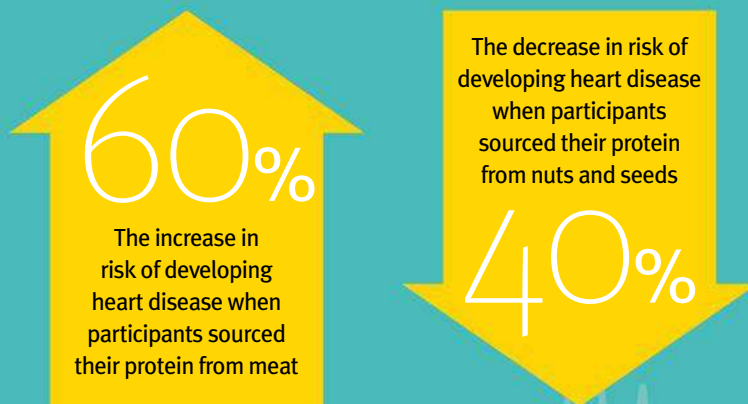
Sausage: Beyond Meat

Nationwide meal-delivery service Postmates announced it would **halt the sale of foie gras following pressure from People for the Ethical Treatment of Animals.**

After the animal-rights organization explained how the fattened duck liver “delicacy” is made, Postmates pledged to work with its partner restaurants around the country to have foie gras removed from delivery menus as quickly as possible.

Heart of the Matter

Need more proof that plants are at the heart of a healthy diet? A five-year study—conducted by researchers at Loma Linda University in California, AgroParisTech, and the Institut National de la Recherche Agronomique in Paris, France—examined the effects animal and plant protein have on heart health.



Omnipork, a brand-new, plant-based product that mimics the flavor, consistency, and versatility of ground pork, recently launched in Hong Kong at Michelin-starred eatery Cantonese Ming Court. Made from shiitake mushrooms, pea, soy, and rice, the plant pork will be available to consumers later this year at Hong Kong’s eco-market Green Common. Sweet and sour pork, here we come!



“I’d love to put Viagra out of business, just by spreading the word on plant-based eating.”

—DIRECTOR JAMES CAMERON ON A SCENE FROM HIS FILM *THE GAME CHANGERS* THAT DETAILS THE BENEFITS PLANT-BASED FOODS HAVE ON SEXUAL HEALTH



HIRED IN 2015 to help repair the beleaguered theme park's spiraling public image, **SeaWorld CEO Joel Manby has resigned** after the company posted a loss of more than \$200 million this year. Shifting public opinion on wild animals in captivity—specifically in the wake of the 2013 animal-rights documentary *Blackfish*—has played a huge role in SeaWorld's downfall.



A European tax on plastic bags is being credited for a drastic drop in ocean pollution, according to a 25-year study published in the journal *Science of the Total Environment*. Researchers found a sharp decline of 30 percent less plastic on the seabed from Norway to France, compared to findings from 2010.

“Who wants to see a polar bear in downtown San Diego? It makes no sense to use a zoo for an educational experience. The animals are taken out of their home.”

— SAUDI PRINCE KHALED BIN ALWALEED ON HIS PLANS TO FINANCE VIRTUAL, ANIMAL-FREE AQUARIA AROUND THE MIDDLE EAST, COMPLETE WITH 3D REEFS, 20-FOOT SHARKS, SEALS, AND HUMPBACK WHALES



3.5 million

The estimated number of vegans living in the United Kingdom, up from 540,000 in 2016. Why the staggering increase? Reducing carbon footprints and shifting tastes were cited as chief factors in the rise.



84% **3%**

The percentage of diet-related greenhouse gas emissions created by animal products, including meat, dairy, eggs, and seafood

The percentage of diet-related greenhouse gas emissions created by plant-based foods such as fruit, vegetables, grains, nuts, and seeds

San Francisco has become the largest US city to ban fur, following a unanimous vote by city officials to prohibit its sale. Named after the patron saint of animals, the City by the Bay will enact the law January 1, and it's expected to help push similar legislation nationwide. **Fur real: this is great news.**



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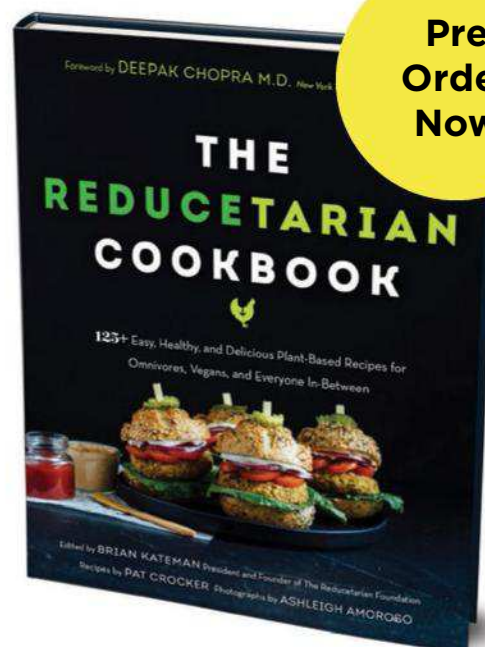
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1 She's a blonde bombshell *and* a compassionate hero of VegNews. Happy birthday, **Pamela Anderson!**

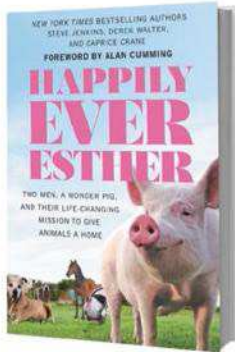


4 Firecrackers, family, and Field Roast. Sounds like a perfect **Independence From Meat Day** to us!

14 Not to toot our own horn, but our mac is the best way to celebrate **National Mac and Cheese Day**. Recipe at [VegNews.com/macandcheese!](http://VegNews.com/macandcheese)



10



Have you heard the story of our favorite 600-pound vegan pig and her two Canadian dads? Now's your chance: **Happily Ever Esther** debuts today!

23 Star Wars star **Woody Harrelson** turns 57 today. Have a slice of vegan cake for us, Woody!



July August



1 From soy vanilla to coconut cookie butter, there's no wrong way to take advantage of **National Milkshake Day**.

22

Summer's here! Enjoy it by joining in on **National Eat a Peach Day**.



23



What's better than eating a vegan burger on **Burger Day**? Eating 20 of them! Flip to p.24 for our roundup of the burgers you must eat before you die.



11 Revolving around the first all-vegan "city" in the world, the **Toronto Vegandale Food Drink Festival** has us considering a move up north!

25 We're headed straight to Baltimore's Vegan SoulFest to catch keynote speaker (and former NFL star) **David "The 300 Pound Vegan" Carter**.





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THE TWENTY BURGERS

to Eat Before You Die

by RICHARD BOWIE photos by JACKIE SOBON



NUMBER 13

Arlo's Bacon Mac n' Cheeseburger

A patty, some vegetables, maybe a slice of cheese, and two buns. It doesn't take much to create a solid burger, but across the country, chefs are reimagining the tried-and-true American classic, and the results are inventive, sophisticated, and downright outrageous. From cronut buns to vegan fried eggs to mac and cheese fritters, there's no limit to how today's vegan burgers are being filled, grilled, and topped. VegNews' **Richard Bowie** searched the country for the biggest, baddest burgers out there, and here are the ones you need to try—now.

20 Shouk Burger

Shouk in Washington, DC

Falafel joints in most towns are a vegan's best friend, and Shouk, a 100-percent plant-based outpost in DC, is proving it with its signature burger. Made from a blend of black beans, beets, cauliflower, and chickpeas, the amped-up veggie patty is stuffed into fresh pita, drizzled with imported Israeli tahini, and adorned with pickled turnips, grilled onions, and roasted tomato "bursts" that leave diners all shook up.

STEP IT UP: Turn up the heat by adding chili pepper harissa.

PERFECT SIDE: Herb-sprinkled polenta fries and cashew labneh

19 The Big Zac

Plant Power Fast Food in San Diego, CA

McDonald's struck gold with its Big Mac; Plant Power Fast Food has perfected it. The fan-favorite, double-decker burger features two thin-sliced patties, three buns, sweet relish-studded special sauce, melted American cheese, lettuce, onions, and pickles—all served in a nostalgic cardboard box sure to conjure up some McMemories.

STEP IT UP: Stuff with onion rings and slather on a mix of barbecue and chipotle sauces.

PERFECT SIDE: Black Cow float with organic cola and chocolate ice cream

18 Vegan Burger

White Owl Social Club in Portland, OR

The swanky, vegan-friendly White Owl Social Club is a hot spot for Portlanders thanks to its local brews, inviting patio, and the simple, ultra-refined Vegan Burger. Its hefty, beet-wakame-hazelnut patty is sprinkled with pea shoots and ribbons of shaved carrots, given a smear of ginger-infused miso mayonnaise, and plated with shoestring fries for an elevated burger experience.

STEP IT UP: Keep it easy—a handful of spring mix and MoonBrine half-sour pickles will do.

PERFECT SIDE: Classic cauliflower wings tossed in spicy gochujang and bourbon barbecue sauces

17 Beets Me Burger

Seabirds Kitchen in Costa Mesa, CA

Yogis, housewives, surfers, and other denizens of Orange County go nuts for this crisp, charred, shiitake-beet-chia burger. Why? Along with grilled onions, herbed mayo, and arugula, the pairing of a gooey layer of almond butter and dill pickles provide a unique sweet-and-salty tang that's proven to be totally addicting.

STEP IT UP: Ask for a drizzling of spicy aji yolk crema for an eggy flavor.

PERFECT SIDE: Burnt Brussels Sprouts with lime, dijon, and fried garlic

16 Sunshine Burger

Toad Style in Brooklyn, NY

Named after a combat style from a 1978 kung fu film, Bed-Stuy's all-vegan takeout spot Toad Style makes nearly everything from scratch (including its ketchup, cheese, and butter). All that care means this burger—a lentil-mushroom patty slathered in cashew-dill cream cheese, sweet chili mustard, topped with sliced avocado, and piled on a pretzel bun—has been tweaked, tested, and perfected in-house. So hop on over. You won't regret it.

STEP IT UP: Crisp tomato-bacon chips add both aesthetics and a salty, smoky bite.

PERFECT SIDE: Lemon and rosemary-brined cauliflower, battered and fried to perfection

15 Buffalo Greek

Kitchen 17 in Chicago, IL

Struggling to decide between buffalo wings or a fully loaded burger? Go for both! Fried cauliflower is drenched in buffalo sauce and broiled to a spicy crisp atop K17's roasted zucchini-chickpea burger. Then it's finished with a cascade of cool ranch dressing, greens, tomatoes, and cucumbers.

STEP IT UP: It may not be Greek, but adding cheddar cheese sauce is next-level delicious.

PERFECT SIDE: Cheesy spinach and artichoke dip with toasted pita

14 Superiority Burger

Superiority Burger in New York, NY

What makes the James Beard-nominated eatery Superiority Burger so damn appealing? Its aloof, too-cool-for-school vibe? Its top-notch ingredients and five-star preparations? Its totally doable price points? All of the above—plus its veganized eponymous burger. It's a masterclass in simplicity and textures: the pillowy-soft potato bun gives way to a tender, seared-to-a-crisp patty; juicy roasted plum tomatoes; cool iceberg, a splatter of mustard, and sour pickles. Superior, indeed.

STEP IT UP: Go big; the Mega Mouth burger is the *superiorer*-in-size sibling of the original.

PERFECT SIDE: Burnt broccoli salad with eggplant and coriander vinaigrette



Created to provide affordable, late-night vegan options, Toad Style is a must-stop when in Brooklyn.

NUMBER 4

Panacea's Black on Black Burger



One way to make a burger better? Deep-fry it and make it tropical! That's the beauty of Green Bar & Kitchen's Coconut Burger.

13 Arlo's Bacon Mac n' Cheeseburger

Arlo's in Austin, TX

Austin is known for its legendary vegan comfort food, and this off-the-menu burger is as legendary as it gets. A massive, lentil-millet patty gets all the standard veggies, then is kicked up 100 notches with a nooch-loaded mac and cheese and slices of Arlo's own seitan bacon. It's salty, gooey, smoky perfection, all stuffed between two vegan brioche buns.

STEP IT UP: Add a layer of smashed tater tots for a golden-brown crunch.

PERFECT SIDE: A 50-50 mix of French and sweet potato fries

12 Bruschetta Burger

Wayward Vegan Cafe in Seattle, WA

If a classic American diner and old-school Italian restaurant had a baby, this flavor bomb of a sandwich would be the delicious result. The toasted sesame seed bun, swipe of vegan mayo, and beefy, griddled-to-perfection patty are familiar; the addition of garlicky, balsamic-dressed tomatoes and deep-fried mozzarella sticks will blow your socks off.

STEP IT UP: Wanna go even more Italian? *Molto bene!* Order a side of warm marinara for dipping.

PERFECT SIDE: Marinated fried artichokes with ranch dipping sauce



As big as your head and stuffed with fries, Next Level Burger's The Animal lives up to the restaurant's name.

11 Coconut Burger

Green Bar & Kitchen in Fort Lauderdale, FL

In case you forget you're dining a mere four-minute walk away from the ocean, this tropical jewel of a meal will remind you. Its Field Roast patty is breaded with toasted coconut flakes, fried to a deep-brown crunch, and topped with lettuce, tomato, red onion, chipotle mayo dressing, and a tropical mango salsa.

STEP IT UP: When you're asked if you want to add avocado, you know what to say.

PERFECT SIDE: A Voodoo Child, the cayenne-spiced, orange-ginger-lemon juice from GBK's Tonic Bar

10 The Animal

Next Level Burger in Bend, OR

Fast-casual vegan chain NLB has exploded to six locations in less than five years, bringing to California, New York, and the Pacific Northwest a menu of 11 unique and mouthwatering burgers. Chief among them: The Animal—two sausage-style patties with tempeh bacon, a layer of crinkle-cut fries, your choice of Swiss or cheddar, and a generous splatter of barbecue or special sauce. Trust us, you'll go wild for it.

STEP IT UP: Add a touch of sophistication with roasted garlic and sautéed mushrooms.

PERFECT SIDE: A thick, coconut soft-serve Brownie Explosion shake

9 BBQ Mac & Cheese Burger

Hella Vegan Eats in Oakland, CA

The trans- and queer POC-owned Hella Vegan Eats has been serving the San Francisco Bay Area a rotating selection of hella impressive, hella inspired food since 2013. Case in point: this dreamy seitan-chickpea burger creation with housemade persimmon barbecue sauce and a fried mac and cheese fritter.

STEP IT UP: Add cashew ranch or—why not?—a fried chicken patty.

PERFECT SIDE: One of the pastry specials, like dulce de leche beignets or double strawberry doughnuts



8 Mushroom Brie Burger

Modern Love in Brooklyn, NY

You read that right. Headed up by legendary cookbook author Isa Chandra Moskowitz, Modern Love is making its own smooth and creamy cashew brie, baking it, and serving it atop a juicy, flame-grilled porcini-seitan burger crowned with sautéed mushrooms, arugula, shallots, and garlic aioli. Modern? Check. In love? CHECK.

STEP IT UP: Don't mess too much with perfection—tempeh bacon is a simple, satisfying addition.

PERFECT SIDE: The Modern Cheese Plate with truffled chèvre, dill havarti, and smoked cheddar



Never thought a burger could be elegant? Then you haven't tried the Mushroom Brie Burger from Modern Love.

7 Arti's Dip Burger

Champs Diner in Brooklyn, NY

Appetizers and entrées collide in a delight for the indecisive orderer. Brooklyn's insanely popular Champs Diner marries melted vegan provolone, impossibly creamy spinach and artichoke dip, and a house patty on top of a bed of sautéed mushrooms. Then the whole thing is speared with a steak knife that's stacked with onion rings—this is a diner, after all.

STEP IT UP: Order a side of sautéed kale to stuff inside your burger if you're in need of more greens.

PERFECT SIDE: For even more green, an emerald-tinted vanilla Girl Scout milkshake with mint, cookie crumbles, and whip

6 For Heaven's Sake Burger

Cybelle's Front Room in San Francisco, CA

Question: what happens when an old-fashioned, family-run pizzeria gets an injection of plant-based know-how from a vegan daughter who recently moved back home from Chicago? Answer: the For Heaven's Sake Burger. That is, two 1/3-pound Impossible Burger patties, double bacon, housemade smoked vegan gouda, garlic aioli, and a vegan fried egg on a pretzel bun. For heaven's sake, you've got to try it.

STEP IT UP: Add smooth sunflower-almond ricotta and make it a party.

PERFECT SIDE: A glass of vegan merlot and the cheesy, cashew pesto-stuffed sriracha mushrooms



Experts in over-the-top comfort food, Champ's Diner brings two diner-favorites together in the Arti's Dip Burger.

3 The Bulls-Eye Burger

Tony's Darts Away in Burbank, CA

In the hills above the trendy, Instagrammable eateries of Los Angeles, tucked inside an innocuous, wood-paneled, straight-out-of-the-'80s beer house, is a hidden gem of a burger almost hard to believe. Melt-in-your-mouth, doughnut-croissant buns do their best to hold two Impossible burger patties, seitan bacon, frizzled onions, a draping of melted provolone, and zig-zags of barbecue sauce. No doubt about it: this burger hits the spot.

STEP IT UP: Make things saucy with an order of chipotle-chocolate chili.

PERFECT SIDE: Disco Fries smothered in vegan mushroom gravy and Parmela cashew cheddar

2 Smoked Sage Seitan Burger

Cinnamon Snail in New York, NY

Since 2010, this famed food truck-turned-brick-and-mortar has been slinging some of the most acclaimed, expertly crafted vegan street food ever. So it comes as no surprise that its burgers are absolutely out of this world. This one starts with a toasted pretzel bun layered with roasted garlic aioli and kale marinated in thyme and plum vinegar. Next, a fat, juicy seitan patty makes its star appearance, before sharing the spotlight with a scoop of baked ziti studded with smoked sage sausage. A sprinkling of chili coconut bacon adds crunch, and voila, one of New York's best burgers.

STEP IT UP: There's lots of pasta-bilities—sub the jalapeño mac and cheese for your ziti.

PERFECT SIDE: A fresh-baked goodie with impossibly intricate designs (tattooed unicorn doughnuts or pop art pop-tarts, anyone?)

5 Trash Can Burger

Cycle Dogs in Seattle, WA

Purveyors of Seattle's favorite "elaborate hot dogs," Cycle Dogs can transform any of their jaw-dropping franks into burgs, no problem. What may become an issue, however, is finishing its Trash Can Burger. But one thing's for sure: you won't be wasting a single bite of this burger—topped with hash browns, grilled onions, charred corn, a mountain of spicy chorizo, cream cheese, melted Chao cheese, and chipotle mayo—you're going to want to get a to-go box.

STEP IT UP: It's hard to imagine adding anything else to this whopper of a burger, until you imagine bacon and guac.

PERFECT SIDE: Deep-fried Oreos—enough said

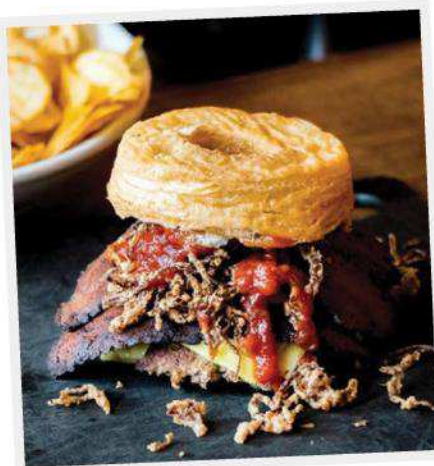
4 Black on Black Burger

Panacea in Las Vegas, NV

When in Sin City, it only seems appropriate to roll the dice with whatever the talented Chef Mario Tapia of Panacea has in store. Take this special-menu monster: its midnight-black buns are infused with Mexican *mole* and activated charcoal, and a quinoa-barley patty is all dressed up with a medley of Tapia's favorite toppings. Will you get habanero dark chocolate, braised portabello, black garlic aioli, nacho cheese sauce, jack cheese, tortilla strips, or guacamole? Stack the odds in your favor—visit multiple times to try them all.

STEP IT UP: Opt for the fire-truck-red buns infused with Tapatio for a kick of heat.

PERFECT SIDE: Spicy bourbon Brussels sprouts with yakitori sweet chili and furikake sprinkles



Think outside the bun: the Bulls-Eye Burger comes sandwiched in between cronut buns for added sweetness.

1 Double Beyond Impossible Chile Relleno Burger

Anthem Vegan in San Diego, CA

The newly opened Anthem eatery in San Diego's trendy North Park neighborhood is home to this aptly named behemoth of a burger. Not just because it showcases both Beyond and Impossible patties, but because the rest of it is indeed beyond what you ever thought possible. The enormous frankenburger gets a stack of crunchy pasilla pepper slaw, a heap of house guacamole, and aioli infused with *huitlacoche*—a truffle-like corn fungus that's considered a delicacy in Mexico. Then, a poblano pepper is stuffed with roasted corn, black beans, soy chorizo, and melty Violife mozzarella before being battered and fried to make a relleno. Put it all together, and you have a next-level, "this is vegan?!" burger that you *must* eat before you die.

STEP IT UP: Take your choice: barbecue pulled pork, chunky peanut butter, and mozzarella sticks are all fair-game additions.

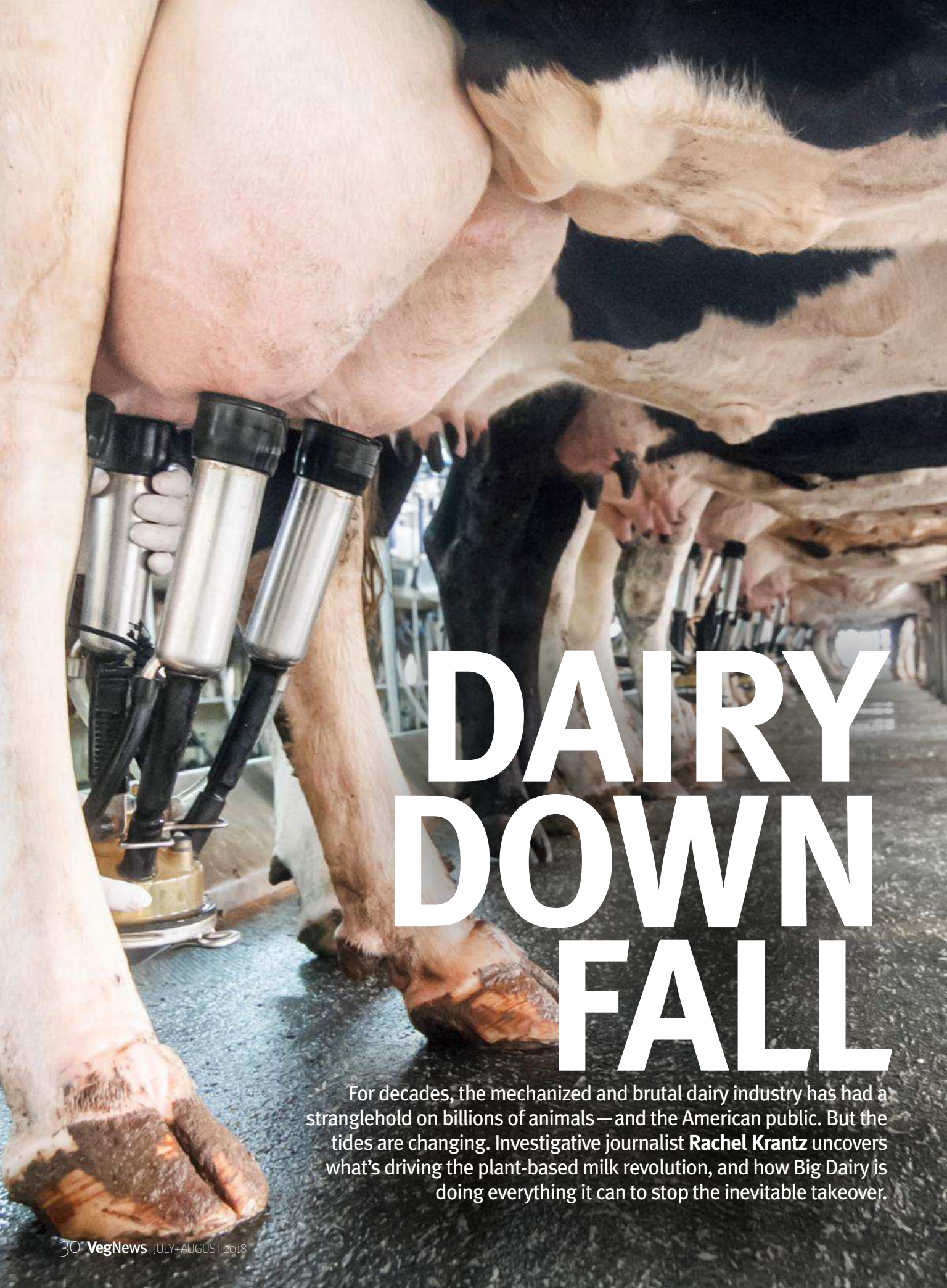
PERFECT SIDE: Fried green tomatillos with red chili remoulade **VN**

VegNews Associate Editor **Richard Bowie** (@ooooohhot) loves two things—burgers and writing; he wrote this story in 10 minutes.

Anthem Vegan's

Double Beyond Impossible Chile Relleno Burger





DAIRY DOWN FALL

For decades, the mechanized and brutal dairy industry has had a stranglehold on billions of animals—and the American public. But the tides are changing. Investigative journalist **Rachel Krantz** uncovers what's driving the plant-based milk revolution, and how Big Dairy is doing everything it can to stop the inevitable takeover.

Seventy years ago, men in white uniforms delivered glass bottles full of cows' milk directly to Americans' doorsteps. At the time, the USDA recommended teenagers consume a minimum of three servings of dairy a day; adults, at least two.

Advertising campaigns in the late 20th century established the myth that milk was essential to building strong bones and getting enough vitamin D—falsehoods that are still pervasive today. Because of the dairy industry's long-standing financial ties with the government, dairy has had an immense influence on the American consumer's perception of health. Today, that grip is finally slipping.

In 2004, the United States was the world's third-largest dairy-product exporter, right behind New Zealand and the European Union. But by 2015, things began to change, and dairy exports dropped by nearly 30 percent as demand tumbled. Two years later, sales of animal milk had decreased by another 4.5 percent, with consumer reports predicting the consumption of dairy to fall another 11 percent by 2020.

Instead of slowing its production, the dairy industry has relied on the government to bail it out of its surplus. Farmers purge millions of gallons of excess milk by dumping it into manure lagoons, fields, and mixing it into animal feed, and in a single year, the US Department of Agriculture spent \$20 million to buy

surplus cheese.

Yet the size of the dairy lobby—and politicians' fears of alienating voters in the heartland—ensures its political influence. The subsidization of dairy by the government is evident in the USDA's massive marketing campaigns to boost milk and cheese sales, and the funneling of dairy products into public school lunch programs across the country. These agricultural bailouts cost taxpayers about \$20 billion a year, which is especially appalling considering how harmful these products are to consumers' health. Luckily, consumers are finally demanding a healthier, more ethical option.

Shifting market

From soy to almond to pea protein, plant-based milks are unquestionably in vogue. "There's not that many people who would say, 'Hey, at the end of a hard day, I just really want to sit down and have cows' milk,'" says Lisa Feria, CEO of Stray Dog Capital, a leading venture capitalist firm that invests in plant-based dairy companies including Kite Hill and Miyoko's Kitchen.

Staggering statistics back her claims.

It is estimated that the market for plant-based milks will reach \$35 billion by 2024—an astounding 16.6 percent increase from 2013—and industry research forecasts that the vegan cheese market will only continue to surge in the next five years.

"With non-dairy milk, you have complexity of taste, variety, and these incredibly creamy, amazing products," says Feria. Indeed, you might prefer one dairy-free milk in your coffee, another over your cereal, and yet another straight from the glass. Dairy, by comparison, has seen few innovations.

As plant-based products continue to catch on, the smartest dairy producers adapt before it's too late. Many dairy farmers in California have shifted to growing almonds. After Dean Foods showed a 91-percent drop in profits in 2017, the dairy brand invested in flax-based vegan brand Good Karma Foods. And Danone's 2017 acquisition of Silk and So Delicious' parent company WhiteWave Foods is another notable sign of the evolving market.

But there's perhaps no better example of the ascent of plant-based milks than the company Elmhurst Milked, known for

almost a century as Elmhurst Dairy. The 92-year-old company was the largest dairy producer in New York, but owner Henry Schwartz saw the writing on the wall, and transitioned it to an animal-free company.

“His family was in the dairy business for a long time, but he realized there needed to be a shift into the plant-based sphere for both ethical and environmental reasons,” says Dr. Cheryl Mitchell, Elmhurst’s Senior Vice President of Ingredient Manufacturing. “Henry himself was pushing toward realizing he had to live more of a vegan lifestyle and figured, ‘well, if I’m pushing in this direction, everybody else probably is.’” The company currently distributes its new line of milks throughout the country, and Mitchell says she’s in talks with Chinese markets, who know vegan milks are the only sustainable answer to the country’s growing population.

Meanwhile, the dairy industry is struggling to maintain its grip on a declining industry, fighting against the odds for survival. While some smaller companies adapt, Big Dairy—and its countless Washington lobbyists—scramble to maintain dominance.

Desperate dairy

Leaders of the US dairy industry, headed up by Wisconsin senator Tammy Baldwin, are backing the proposed Dairy Pride Act—an acronym for Defending Against Imitations and Replacements of Yogurt, Milk, and Cheese to Promote Regular Intake of Dairy Everyday Act. The proposed legislation aims to prohibit plant-based products from being sold under names used by the dairy industry. Ostensibly, proponents of the

bill say this would preserve the supposed “nutritional standards” associated with dairy and minimize “consumer confusion.”

Opponents say the act’s intent is to deal a blow to the dairy-free industry, aiming to lower sales, gaslight buyers, and tie up smaller companies in lawsuits. The legislation would also force dairy-free companies to redesign labels and could encourage removal of plant-based dairy alternatives from the coveted real estate of the dairy aisle.

“It certainly raises very serious constitutional issues in terms of the First Amendment,” says Dr. Joanna Grossman, Senior Policy Specialist at advocacy firm The Good Food Institute (GFI). Her organization provides marketing and legal support to early-stage companies producing lab-grown and plant-based products, and has been fighting the Dairy Pride Act since it was first proposed.

While the act argues that using words such as “milk” and “ice cream” on vegan products is misleading, GFI says these terms actually help provide clarity to consumers. Despite the dairy lobby’s considerable influence, Grossman is optimistic. “No reasonable consumer is deceived by these terms. And even if there was any confusion, you could easily refer to the nutrition labels to understand exactly what this product is.”

In order to fight back, GFI filed an official petition with the Food and Drug Administration. Grossman suggests that supporters of plant-based products sign it and contact their representatives to voice their opposition to the act—and to the continuing subsidization of dairy products.

Milked dry

That more and more consumers are demanding almond milk in their cappuccinos is obvious—and not just in urban centers. “You can walk into any Starbucks nowadays and add some soy milk or coconut milk to your drink,” notes Grossman. Consumers are choosing non-dairy alternatives for the taste and their health, but also because they care about animal welfare and the environmental impact of the dairy industry.

For animals, dairy’s downfall certainly can’t come soon enough; it’s said there’s more animal suffering in a glass of milk than in a steak. Cows used for dairy are forcefully and artificially inseminated to be kept pregnant and lactating throughout their lifetimes. Those born with one or more extra teats, which is not uncommon, often endure amputations by farmers so that their udders are better suited for milking machines. The dairy industry forces cows to produce four times the milk they would naturally, which often leads to a painful infection called mastitis. Although a cow’s natural lifespan is up to 25 years, cows on dairy farms die from exhaustion or slaughter at an average age of four.

While eating meat tends to get all the attention as a driver of climate change, dairy also requires an immense amount of land, energy, and methane-producing cows—and that means trouble for our environment. And the health impacts of dairy products are just as startling. Not only do 87 percent of dietitians in the American Dietetic Association recommend a plant-based diet to some

Alt Milk

Soy and almond are far from the only plant milks on the shelf. Here are some of today’s innovative milks made from brand-new ingredients.

PEANUT MILK

Made by Elmhurst Milked, this legume-based milk is one of the first peanut varieties on the market.



OAT MILK

Wildly popular in the United Kingdom, Oatly’s oat milk is revered for its thick consistency, and is slowly making its way into American cafés.



or most of their patients, but the Harvard School of Public Health actually removed dairy products from its Healthy Eating Plate after finding that three glasses of whole milk have as much saturated fat as 13 strips of cooked bacon.

Many people also lack the enzyme needed to break down cows' milk without side effects. Virtually anyone who isn't of European descent has difficulty digesting dairy, since it was brought to the majority of the world relatively recently, leaving little time for genetics to adapt. An estimated 90 percent of Asian and Southeast Asian Americans, 74 percent of Native Americans, and 70 percent of African Americans—as well as the majority of Jewish, Latino, and Indian people—are lactose-intolerant. Many don't even realize dairy is making their bodies inflamed or causing other health issues until they eliminate it completely and begin to experience improved digestion, decreased bloating, clearer skin, and myriad other health benefits.

Even for the minority of people able to process lactose, cows' milk—organic or not—is riddled with pregnancy hormones, which means those who consume it are also consuming excessive and potentially dangerous estrogen and progesterone. This might explain the link between high milk consumption and breast and prostate cancer. A recent study following 22,788 lactose-intolerant participants from Sweden linked low dairy consumption to decreased risk of not only breast cancer, but of lung and ovarian cancers. Milk, it turns out, doesn't do a body good.

Dairy-free future

Plant-based milk isn't the only alternative on the block. Less is known about clean dairy (lab-produced milk created to mimic dairy on a near-molecular level) when compared to clean meat, but a new crop of startups and investors are working to change that.

Using fermentation, Perfect Day Foods aims to grow and extract milk proteins from a specially programmed yeast to create clean dairy milk that boasts the same proteins, fats, vitamins, and minerals as milk from an animal, but with no cholesterol or lactose. The Northern California-based startup plans to use its milk as a base for other dairy products, such as cheese, cream, and yogurt.

Meanwhile, food technology company JUST is creating a database with information on every plant protein in the world. To date, 92 percent of plant proteins remain unexplored for food production, and with the remaining eight, the company is in various stages of development for plant-based replicas of goods traditionally made from animal products such as egg-free cookie dough, ranch dressing, egg scramble alternative, and even meat.

The demise of dairy also serves as a cautionary tale. "I think the meat industry is looking at what happened to the dairy market and is saying, 'Hey, we want to get ahead of this, instead of it stealing market shares from us,'" says Feria.

Giants like Tyson, the country's largest meat producer, see the changing tides; they are investing in clean and plant-based meats to get off the path to obsolescence. Failing to invest in new, more

Milk Maladies

These statistics prove once and for all that milk does no body good.

33
PERCENT

The increased risk of breast cancer among women who eat meat and dairy products

60
PERCENT

The increased risk of hip fractures among women who drink three or more glasses of milk per day

90
PERCENT

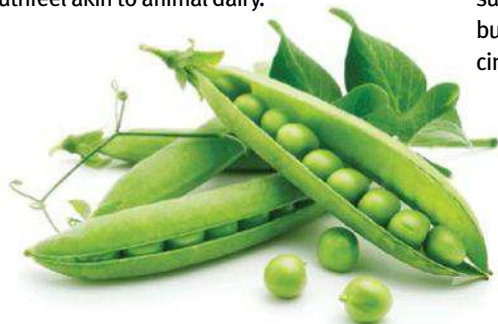
The percentage of Southeast Asians who are lactose intolerant

humane technologies could result in dairy companies finding themselves as outdated as the milkman. **W**

Rachel Krantz (@rachelkrantz), the senior writer at *Mercy For Animals*, lives in Los Angeles where she writes about vegan travel and culture.

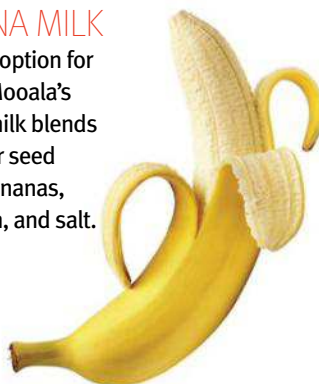
PEA MILK

Made from yellow pea protein, this milk is becoming an increasingly popular option, thanks to Ripple Foods' line of milks with a mouthfeel akin to animal dairy.



BANANA MILK

A natural option for baking, Mooala's banana milk blends sunflower seed butter, bananas, cinnamon, and salt.



BARLEY MILK

New Jersey-based startup Canvas' barley milk is made by combining grain saved from the beer-brewing process with coconut milk and chicory root to make beverages in flavors like matcha and turmeric chai.





HEARTS

With wedding season in full bloom, couples are embracing their uniqueness to create truly magical celebrations in surreal spaces and otherworldly places. From a Pride-inspired, rainbow-filled love fest to a sweet ceremony in a country barn, these compassionate couples marched to the beat of their own drums, creating celebrations to remember for a lifetime. Writer **Maya Gottfried** gives us a front-row seat at these fabulous plant-based nuptials.

CADY & HENRY *Middletown, CT*

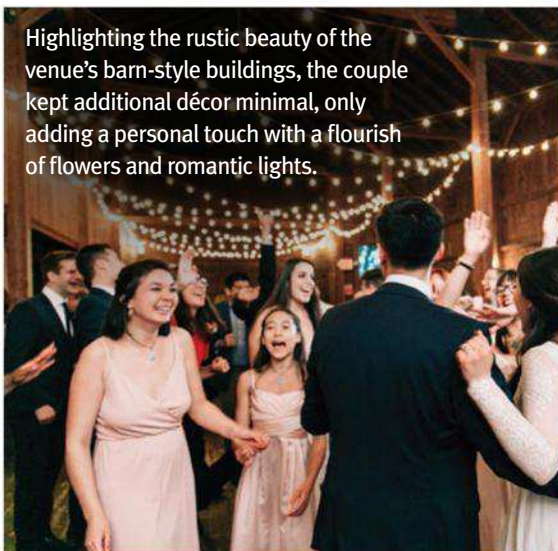


Following months of planning, Stanley popped the question to Meshnick amidst gorgeous springtime blooms in a small garden park tucked in New York City's West Village.

The couple narrowly escaped a downpour, taking their last photos just minutes before the shower.

SIGNATURE COCKTAIL

Guests happily sipped on The 616—gin and grapefruit juice with basil syrup.



Highlighting the rustic beauty of the venue's barn-style buildings, the couple kept additional décor minimal, only adding a personal touch with a flourish of flowers and romantic lights.



Guests enjoyed vanilla cake layered with strawberries and hazelnut filling, frosted with blush strawberry icing, and adorned with fresh flowers.

A SPRING RAINSTORM couldn't dampen the joyous day these high school sweethearts-turned-newlyweds planned in a picturesque countryside barn.

They met as middle schoolers in Connecticut, strolling through the halls alongside one another between classes. Now, Henry Stanley and Cady Meshnick stroll hand-in-hand through the streets of New York City as husband and wife in search of the next vegan food destination. "One of the highlights of our relationship was chasing The Cinnamon Snail food truck around the city," says Stanley. And honing in on mouthwatering vegan food came in handy at their wedding, where not one guest was vegan—an opportunity the couple took to inspire friends and family with their love of plant-based fare (and each other).

THE WEDDING SONG

"This Will be Our Year" by The Zombies

PERSONAL TOUCH

A table displayed photos of the couple throughout their relationship, from awkward high schoolers to sophisticated New Yorkers.

THE HONEYMOON

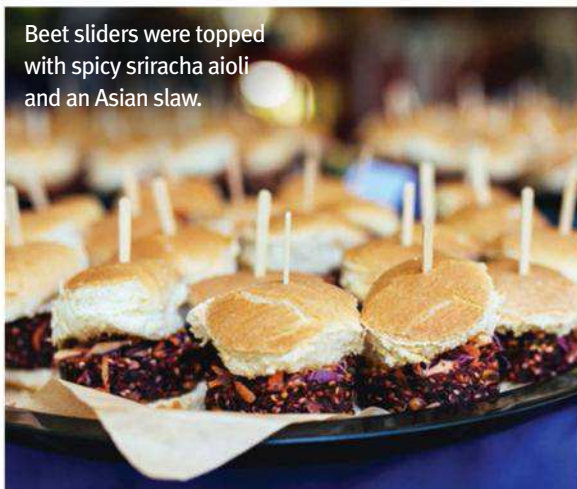
The wedding day was followed by a trip to Hawaii, where the couple relaxed on glorious beaches, watched sea turtles in the wild, and searched for jackfruit.



CLARE & CHERYL *Adelphi, MD*



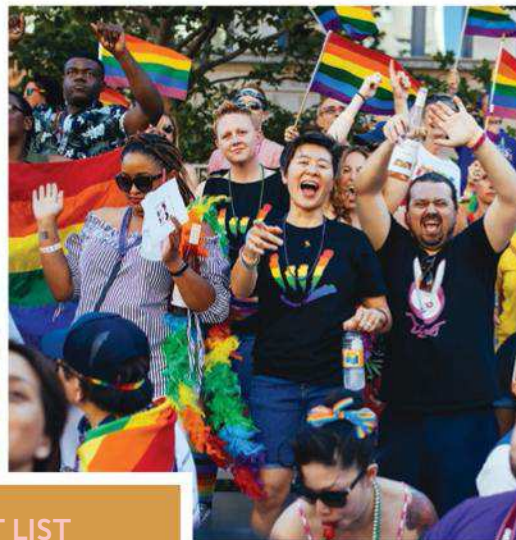
Pumpkin the dog served as ring-bearer, toting the wedding bands on a rainbow pillow crafted by Madrigal.



Beet sliders were topped with spicy sriracha aioli and an Asian slaw.

THE HONEYMOON

Mejia and Madrigal spent their “agave-moon” in Cancun, Mexico for fun in the sun and lots of oceanside drinks.



WITH A GUEST LIST as colorful as the décor, this rainbow-tastic, Pride-themed event married celebration and activism in perfect harmony.

Almost instantly, sparks flew when Clare Madrigal and Cheryl Mejia were introduced at a Southern California gay bar. “I fell in love with Cheryl’s nerdy, sweet demeanor,” Madrigal says. “And her dance moves.” So it’s only fitting that the brides and their guests boogied their way from the ASL-interpreted ceremony to the massive Pride Parade in Washington, DC for the reception. There, they gathered on specially reserved bleachers that offered a perfect view of all the festivities.

THE CAKE

Mint, almond fudge, peanut butter, strawberry margarita, and vanilla latte cupcakes from *Cupcake Wars*-winning Sticky Fingers Bakery



The ceremony was held on a friend’s sprawling property, followed by a reception at Washington, DC’s Pride Parade.



Shawnee C Photography

WHERE THEY MET Unwittingly employed at the same hospital in Southern California, Dr. Mejia and Nurse Madrigal finally crossed paths when introduced at a local bar.

LOVE STORY After three months of dating, Mejia had to move cross-country to Miami for a medical residency, making the relationship long-distance. But that didn’t last long. Madrigal and Pumpkin soon followed so they could be a family.

THE PROPOSAL Madrigal placed a ring on her beloved’s finger as Mejia slept on New Year’s Eve. When the clock hit midnight, Mejia woke up and said, “Yes.”

CANDICE & JAMES

Toronto, ON



The couple wed at the ornate Darling Mansion, a historic Victorian home in Toronto, ON.

WHERE THEY MET

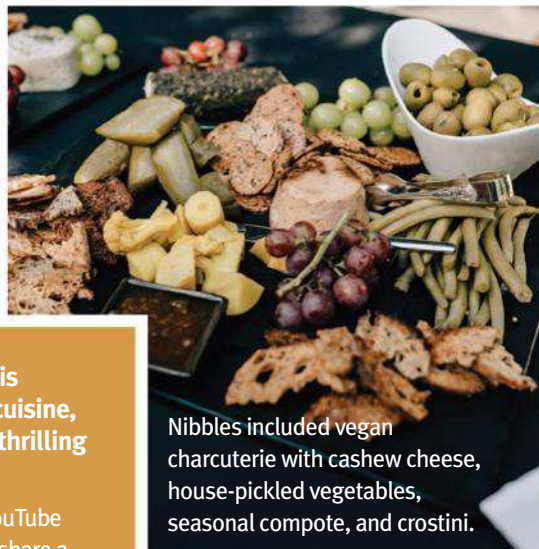
The pair first crossed paths at a mutual friend's summer party, where Hutchings was preparing cocktails for guests, leaving an intoxicating impression on Aita.

LOVE STORY

Following that first encounter, the pair reconnected two years later when Hutchings sold Aita her tickets to Nevada's Burning Man festival.

THE PROPOSAL

Coming full circle to their relationship's beginnings, Aita proposed to Hutchings at Burning Man as they gazed upon the desert sunset.



Nibbles included vegan charcuterie with cashew cheese, house-pickled vegetables, seasonal compote, and crostini.

SET IN A LUXE, century-old mansion, this eclectic wedding highlighted haute vegan cuisine, inspired laughter, and brought guests on a thrilling adventure.

Co-creators of the wildly popular The Edgy Veg YouTube channel, Candice Hutchings and James Aita both share a love of avant-garde vegan gastronomy and a self-described mutual weirdness. For the fantastical wedding experience they sought, their intimate affair at a historic Victorian mansion embraced all-things lavish, moody, and beautiful. Officiated by a family friend, the ceremony incorporated Arabic, German, and English poetry, the languages of countries from which the couple's families hail. Guests then gathered for an artfully prepared plant-based meal that impressed vegans and omnivores alike with background tunes from a French-inspired playlist curated by the couple.

DÉCOR INSPO

The affair was steeped in a European-gothic aesthetic with a romantic-surrealist influence, playing on the venue's dramatic and elegant style.

PERSONAL TOUCH

One of the mansion's rooms was re-imagined as a photo booth, with a trunk full of vintage accessories and props for guests to play dress-up.



A chocolate fudge cake with buttercream filling, cream cheese frosting, and edible gold ganache blew attendees away.



THE HONEYMOON

In a series of "mini-moons," the newlyweds plan to explore far-flung destinations including Morocco, Germany, Paris, and Ireland.



Friends and family gathered at the giant glass dome-enclosed Greater Des Moines Botanical Gardens for the nuptials.



THE PROPOSAL
Amis booked a romantic Valentine's Day photo session, dropping to his knee and proposing during the shoot.

DÉCOR INSPO
Lush greenery and gilded farm animal toy decorations helped set a storybook ambiance.

THE CAKE
Almond cake with vanilla buttercream frosting, fresh berries, and edible flowers provided sweetness in more ways than one.

Following their first date, Amis and Clegg saw each other every day for 89 days straight.

WITH A SHARED PASSION
for tattoos and animals, these two board members of the Iowa Farm Sanctuary celebrated their union in a dreamy botanical garden.

Body art plays a starring role in Andrew "Ace" Amis and Chelsea Clegg's lives—the groom is a professional tattoo artist and the bride sports her own fair share of ink. Following their sunny botanical garden ceremony, guests wandered among the gorgeous florals while a spectacular sunset gave way to twinkling stars. On the dance floor, friends and family flaunted temporary tattoos—designed just for the occasion—while the all-vinyl DJ spun funky Northern soul music from the sixties.

Petite veggie pizza slices with broccoli, zucchini, and tomatoes kept hunger at bay.



Guests snacked on crispy avocado fries with vegan sour cream, salsa verde, and guacamole.



THE NEXT DAY

The couple headed to Iowa Farm Sanctuary where they communed with the animals they love.

THE HONEYMOON

On a whirlwind, post-wedding Minneapolis roadtrip, the newlyweds visited The Herbivorous Butcher and had a stick-and-poke tattoo session in their hotel room—inscribing each other with Big Dipper constellations.

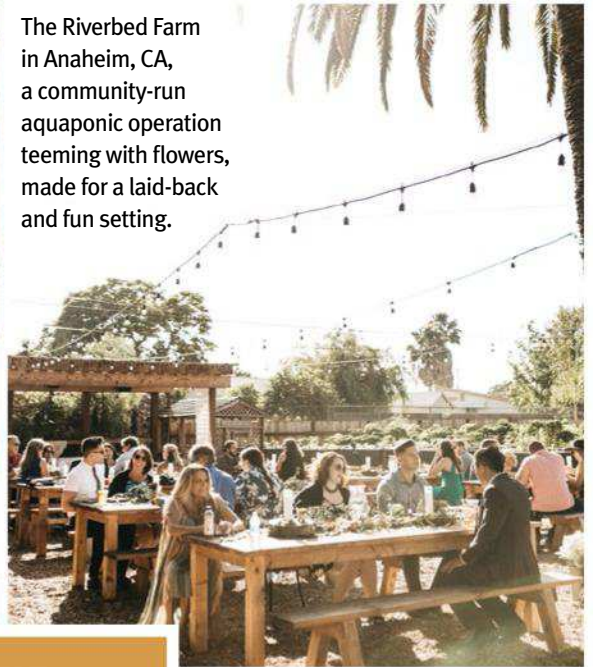


AMBER & ALEX *Anaheim, CA*



From the moment they laid eyes on each other, “city boy” Owens was taken by St. Peter and her country roots. And the feeling was mutual. “I really fell in love with Alex’s humor,” St. Peter said. “He’s very witty.”

The Riverbed Farm in Anaheim, CA, a community-run aquaponic operation teeming with flowers, made for a laid-back and fun setting.



SET IN SUN-SWEPT Southern California, these self-described marijuana connoisseurs surprised guests with Instagrammable street food and a deliciously medicated cake for a true bohemian wedding.

For their sunny Anaheim wedding, Alex Owens and Amber St. Peter revelled in lush greenery at an aquaponic farm. Their relaxed-yet-stylish event saw the bride in a full-length, bell-sleeved dress, and the creative menu consisted of street cuisine served straight from a food truck. Preferring marijuana to alcohol, they skipped the full bar, offering a medicated cake instead, before guests “sparked up” at the end of the reception—sending the newlyweds off with glittering sparklers that illuminated the night. **V**

Guests enjoyed marijuana-infused white cake with strawberry frosting and edible flowers.



Fun, elevated street food included spicy falafel tacos with cilantro-garlic sauce, avocado, and pineapple-pickled jalapeños.



Churro, blood orange, and cookies-and-cream doughnuts

BEST WEDDING GIFT

With no budget for a videographer, St. Peter and Owens hadn’t anticipated having a wedding video. But as a surprise, the groom’s brother arranged for one to capture their special day.



Maya Gottfried (mayabidaya.com) is a relationship expert and the author of *Vegan Love Dating and Partnering for the Cruelty-Free Gal*.

Made in LA

by CHRIS MILLER & KRISTY TURNER

Tempura-battered artichokes

Baja Artichoke Tacos

From trendy, superfood-imbued model favorites to indulgent food-truck finds, the Los Angeles vegan food scene is varied, inventive, and arguably the hottest in the country. So we asked five of the city's superstar plant-based chefs to create dishes worthy of the Walk of Fame, and the results are nothing short of award-winning. Welcome to LA!

Baja Artichoke Tacos

by *Chef Doomie* of *Doomie's #NextMex*

Makes 6 tacos

For the salsa verde:

- 4 large green tomatillos
- 1 small serrano chili pepper
- 1 tablespoon water
- 1 teaspoon salt
- 2 tablespoons chopped yellow onion
- 2 tablespoons chopped fresh cilantro
- 1/2 tablespoon lime juice

For the lime crema:

- 3/4 cup vegan mayonnaise
- 3/4 cup vegan cream cheese
- 1/4 teaspoon salt
- 1 teaspoon lime juice
- 1/4 teaspoon onion powder
- 1/8 teaspoon garlic powder
- 2 tablespoons water

For the tempura-battered artichokes:

- 1/2 cup all-purpose flour, divided
 - 3/4 cup cornstarch
 - 1 teaspoon baking powder
 - 1/2 teaspoon fine salt
 - 1/2 teaspoon Old Bay seasoning
 - 1/2 cup water
 - 1 (15-ounce) can artichoke hearts, drained and quartered
- Canola oil, for frying

For the tacos:

- 6 corn tortillas
- 1 cup shredded green cabbage
- 1/2 cup diced yellow onion
- 1/2 cup diced tomato
- 1 avocado, sliced
- 6 lime wedges

1. For the salsa verde, preheat oven to 200 degrees. Place tomatillos and serrano pepper on a baking sheet for 20 minutes, or until tomatillos turn from bright green to dull green. Into a high-speed blender, add tomatillos, pepper, and remaining ingredients, and blend for 30 seconds. Set aside.

2. For the lime crema, in a medium bowl, whisk all ingredients. Set aside.

3. For the artichokes, in a small bowl, whisk 1/4 cup flour, cornstarch, baking powder, salt, and Old Bay seasoning. Mix in water until thick batter forms. In a separate small bowl, add remaining 1/4 cup flour. Lightly dust artichoke hearts in flour and shake off excess. Add artichokes to tempura batter and cover to coat.

4. In a large skillet over high heat, warm 1 1/2 inches of oil. When oil reaches 350 degrees or bubbles around end of a wooden spoon, gently place battered artichoke hearts into hot oil for 2 minutes. Rotate as needed until golden brown, and repeat with all artichoke hearts.

5. For the tacos, in a skillet over low heat, warm tortillas, and place on serving plates. Drizzle 1 tablespoon lime crema over each tortilla, then top with 3 battered artichokes. Garnish with cabbage, onion, tomato, salsa verde, additional lime crema, and avocado. Squeeze a lime wedge over each taco, and serve warm.

Fried Green Tomatoes with Cajun Dipping Sauce

by *Krimsey Ramsey* of *Krimsey's Cajun Kitchen*

Makes 8 tomatoes

For the Cajun dipping sauce:

- 1/4 cup vegan mayonnaise
- 2 tablespoons ketchup
- 1 teaspoon Cajun seasoning
- 1/2 teaspoon black pepper
- 1/4 teaspoon hot sauce

- 1/8 teaspoon cayenne pepper
- 1/8 teaspoon salt

For the fried green tomatoes:

- 1/2 cup all-purpose flour
- 1/2 cup fine-grain cornmeal
- 1 1/4 teaspoons salt
- 1/2 teaspoon black pepper
- 1/2 teaspoon garlic powder
- 3/4 cup unsweetened vegan milk
- 3 medium green tomatoes (see "Chef's Tip")

Canola oil, for frying

1. For the Cajun dipping sauce, in a small bowl, whisk all ingredients. Set aside.

2. For the fried green tomatoes, in a medium bowl, whisk flour, cornmeal, salt, pepper, and garlic powder. Add milk and mix well (batter should be slightly sticky). Slice tomatoes into 1/3-inch slices.

3. In a medium pot over medium-low heat, heat 1/2-inch oil. When oil reaches 360 degrees or bubbles around end of a wooden spoon, dip tomatoes in batter using tongs, turning to cover completely. Gently place one battered tomato slice into oil, then cook 1 to 2 minutes per side, or until golden brown. Place finished fried slices on a paper towel-lined plate to cool, repeat with remaining slices, and serve immediately with Cajun dipping sauce.

Fettuccine Carbonara with Shiitake Bacon

by *Chef Lou Oates* of *Little Pine*

Serves 4

For the cream sauce:

- 2 teaspoons olive oil
- 1/2 cup finely diced white onion
- 5 garlic cloves, peeled and minced
- 2 cups raw cashews, soaked for at least two hours and drained
- 1/4 cup toasted pine nuts
- 1 tablespoon white miso paste
- 1 teaspoon Dijon mustard
- 1 cup unsweetened vegan milk
- 3/4 cup water
- 2 teaspoons salt
- 1/8 teaspoon lemon zest

For the shiitake bacon:

- 2 cups thinly sliced shiitake mushrooms
- 3 tablespoons refined coconut oil, melted



Fettuccine Carbonara with Shiitake Bacon

Fried Green Tomatoes

- $\frac{3}{4}$ teaspoon smoked paprika
- $\frac{1}{2}$ teaspoon coconut palm sugar
- 1 teaspoon tamari
- 1 teaspoon black pepper
- $\frac{1}{8}$ teaspoon salt

For the fettuccine:

- 1 (16-ounce) package fettuccine, cooked al dente
- 3 tablespoons olive oil
- 3 tablespoons dry white wine
- $\frac{1}{2}$ cup fresh or frozen green peas

For the garnishes:

- $\frac{1}{8}$ teaspoon flaky sea salt
- $\frac{1}{8}$ teaspoon black pepper
- $\frac{1}{2}$ cup roughly chopped fresh Italian parsley
- $\frac{1}{4}$ cup vegan parmesan (optional)

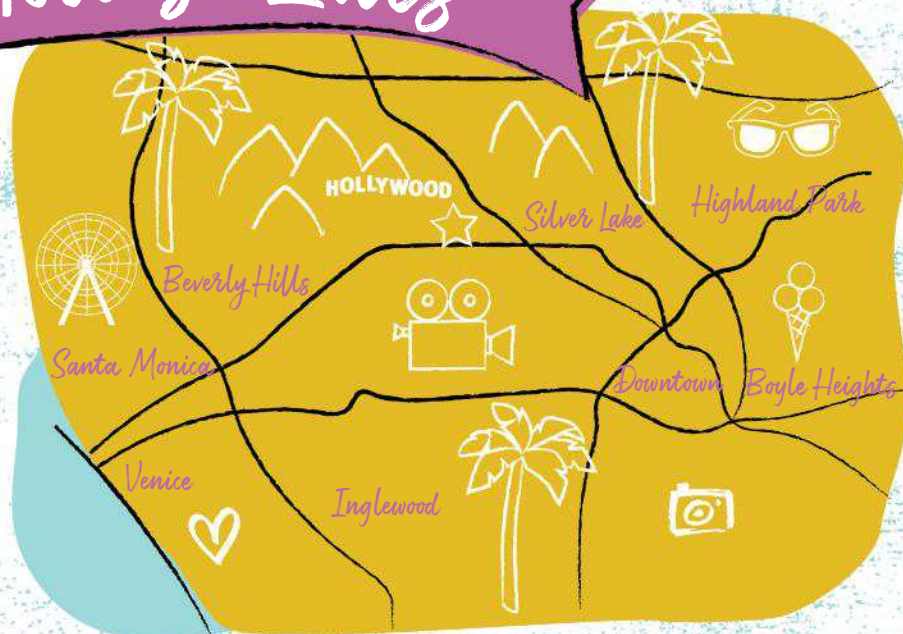
1. For the cream sauce, in a skillet over medium heat, warm oil. Sauté onions and garlic until onions are translucent, and set aside.
2. Into a high-speed blender, add onion mixture and remaining cream sauce ingredients. Blend on low until onions and garlic are incorporated, then increase to high speed. Blend until mixture is completely smooth.
3. For the shiitake bacon, preheat oven to 375 degrees. In a large bowl, add all ingredients and toss together. In a cast-iron skillet over medium heat, add mushroom mixture and sauté for 1 to 2 minutes. Transfer skillet to oven and roast for 10 to 12 minutes, flipping frequently to prevent burning. Remove from oven and place bacon on a paper towel to drain excess oil.
4. For the pasta, drizzle cooked fettuccine with olive oil and toss gently to coat. In a large saucepan over high heat, add wine and cook until simmering, about 1 minute. Once simmering, add peas, cream sauce, shiitake bacon (reserving $\frac{1}{4}$ cup for garnish), and fettuccine, and stir until warmed. Transfer to a plate and garnish with salt, pepper, reserved bacon, parsley, and vegan parmesan (if using). Serve warm.

Chef's Tip

If you can't find green tomatoes at your farmers' market, substitute red tomatoes and slice to $\frac{1}{2}$ -inch to ensure tomatoes are thick enough for frying. Be sure to pat dry before battering.

LA's Hottest Eats

Where else could you find a unicorn-themed, coconut milk ice cream parlor; authentic vegan Ethiopian; a bevy of plant-based taco pop-ups; and vegan fine dining complete with celeb spotting? Attention, foodies: head to Los Angeles!



Upscale Eats

CAFÉ GRATITUDE *Multiple locations*
Organic, whole-foods meals

CROSSROADS *West Hollywood*
High-end, date-night dining

GRACIAS MADRE *West Hollywood*
Celeb hangout for organic Mexican

LITTLE PINE *Silver Lake*
Mediterranean plates and California cabin décor

PLANT FOOD + WINE *Venice*
Chic, beachside eats

SAGE VEGAN BISTRO *Multiple locations*
Vegan beer garden

SHOJIN *Multiple locations*
Artistic vegan sushi

Comfort Food

AZLA VEGAN *South Central*
Perfectly spiced Ethiopian platters

BEELMAN'S *Downtown*
Plant-based pub

DOOMIE'S HOME COOKIN' *Hollywood*
Outrageous diner food

KITCHEN MOUSE *Highland Park*
Sweet, artful brunch

KRIMSEY'S CAJUN KITCHEN *N. Hollywood*
Vegan Cajun food

STUFF I EAT *Inglewood*
Raw and soul food meals

TONY'S DARTS AWAY *Burbank*
Bar bites and home brews

Quick Eats

LOCALITA & THE BADASSERIE *Downtown*
Breakfast and lunch counter

ORGANIX *Eagle Rock*
Vegetarian grocery store

REAL FOOD DAILY *Multiple locations*
Organic Southern California cuisine

VEGGIE GRILL *Multiple locations*
Burgers, fries, and wings

Dessert

AIR + DAY BAKERY *Multiple locations*
Vegan baked goods with delivery

CINNAHOLIC *Echo Park*
Customizable cinnamon buns

COCOBELLA CREAMERY *Hollywood*
Coconut ice cream shop

FROZEN FRUIT COMPANY *Santa Monica*
Fruit-based soft-serve

POMEGRANATE *Beverly Hills*
Designer gluten-free pastries

YOGA-URT *Glendale*
Vegan frozen yogurt

Mexican

BAR AMA *Downtown*
Upscale Tex-Mex cantina

CENA VEGAN *Multiple locations*
Pop-up serving nacho boats

DOOMIE'S #NEXTMEX *Hollywood*
Casual classics in a colorful space

PLANT FOOD FOR PEOPLE *Highland Park*
Jackfruit taco truck

UN SOLO SOL *Boyle Heights*
Old-school restaurant with vegan options

Healthy

ELF CAFE *Silver Lake*
Fine dining with natural wine

RAWKIN JUICE *Multiple locations*
Raw vegan food

SUNCAFE *Studio City*
Organic, wellness-focused eatery

VEGETABLE *Studio City*
Rustic, plant-based bites

Pizza

CRUZER PIZZA *Los Feliz*
All-vegan pies with Italian deli options

MASA OF ECHO PARK *Echo Park*
Deep-dish, Chicago-style pizza

PITFIRE PIZZA *Multiple locations*
Classic pizzeria with cashew cheese options

PIZZANISTA *Multiple locations*
Punk vibes and New York-style pies

PURGATORY PIZZA *Boyle Heights*
Thin-crust vegan pizza by the slice

TWO BOOTS *Multiple locations*
Creole-style slices



Apple Brandy Galette

Raspberry Cheesecake Ice Cream

Raspberry Cheesecake Ice Cream

by Alice Cherng & Belinda Wei
from Cocobella Creamery

Serves 6

For the ice cream:

- $\frac{1}{3}$ cup sugar
- 1 tablespoon nutritional yeast
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{4}$ teaspoon guar gum
- $\frac{4}{4}$ cups full-fat canned coconut milk
- 1 cup vegan cream cheese
- $\frac{1}{2}$ cup agave nectar
- $\frac{3}{4}$ cup vegetable oil
- 1 teaspoon lemon juice
- $\frac{1}{3}$ cup Homemade Raspberry Jam (see recipe)
- $\frac{1}{4}$ cup vegan graham cracker crumbs

For the toppings:

- Vegan whipped cream
- Vegan chocolate chips
- Fresh raspberries
- Chopped pistachios

1. For the ice cream, into a high-speed blender, add all ingredients except jam and graham crackers. Blend on high for 30 seconds.
2. Into a large zip-top freezer-safe bag, pour ice cream mixture. Place bag flat in freezer for 2 hours, or until firm. Remove from freezer, and with bag still sealed, break ice cream into small chunks with hands.
3. Into a food processor, add frozen ice cream chunks and process until consistency is similar to soft serve. Into a shallow pan, spread out ice cream, drizzle Homemade Raspberry Jam over top and sprinkle with graham cracker crumbs. Using a spoon, swirl jam and cracker crumbs into ice cream base. Cover pan with

Chef's Tip

Get creative with our Raspberry Cheesecake Ice Cream ...

- + Substitute blueberries, strawberries, or cherries in the jam
- + Swap out the jam for creamy peanut butter
- + Try crushed chocolate sandwich cookies instead of graham crackers

plastic wrap and freeze for at least 4 hours.

4. When ready to serve, thaw ice cream at room temperature for 5 to 10 minutes. Scoop into bowls, garnish with toppings, and serve.

Homemade Raspberry Jam

Makes 1 cup

- $2\frac{1}{2}$ cups frozen raspberries
- 1 tablespoon lemon juice
- $\frac{3}{4}$ cup cane sugar

In saucepan over low heat, combine all ingredients. Simmer until mixture reduces by half, about 15 to 20 minutes. Let cool completely.

Apple Brandy Galettes

by Julia Gordiienko of Air + Day

Serves 4

- 3 cups plus 1 tablespoon all-purpose flour, divided
- $\frac{1}{4}$ cup sugar plus 2 teaspoons, divided
- $\frac{1}{2}$ teaspoon salt
- 1 cup vegan butter, frozen for 1 hour
- $\frac{3}{4}$ cup plus 2 tablespoons ice-cold water, divided
- $\frac{1}{2}$ cup apple brandy (such as Calvados) or $\frac{1}{3}$ cup non-alcoholic apple cider
- 2 tablespoons refined coconut oil
- 5 tablespoons coconut sugar
- $\frac{1}{2}$ teaspoon ground cinnamon
- 2 medium apples, peeled, quartered, cored, and thinly sliced
- Vegan vanilla ice cream, for serving

1. In a medium bowl, mix 3 cups flour, $\frac{1}{4}$ cup sugar, and salt. Using a grater, grate frozen butter coarsely into flour mixture. Using your hands, mix grated butter into flour to coat completely, then press butter with your thumbs to evenly distribute into flour.
2. Sprinkle $\frac{1}{4}$ cup ice-cold water into dough and mix with fork. Repeat twice, working dough with fork until a coarse, crumbly texture is achieved. Transfer to a lightly floured surface and sprinkle remaining 2 tablespoons ice-cold water over any remaining dry spots. Dough is ready when slightly dry with visible pieces of butter. Pat dough into a rough square, wrap in plastic wrap, and refrigerate for 1 hour.
3. In a small saucepan over medium heat,

add brandy or apple cider and heat until slightly simmering. Reduce heat to low, simmer for 1 minute, turn off heat, and add oil. Stir until melted and set aside to cool.

4. In a small bowl, add coconut sugar, remaining 1 tablespoon flour, and cinnamon, and stir in warmed brandy until smooth.
5. Preheat oven to 375 degrees and line a baking sheet with parchment paper. Remove dough from refrigerator and roll into a $\frac{1}{4}$ -inch-thick square. Cut into 4 6 x 7-inch rectangles and place an even amount of apple slices in center of each, leaving a 1-inch border on all sides. Brush apples with a tablespoon of brandy-sugar mixture per galette.
6. Fold sides of dough over apples, starting with shorter ends followed by the longer sides, and press gently at corners to seal. Brush edges with cold water and sprinkle with remaining 2 teaspoons sugar. Place galettes on baking sheet and bake for 28 to 30 minutes or until edges are golden brown and sauce is sizzling. Remove from oven and let cool for 20 to 30 minutes. Serve with vanilla ice cream. **VN**

The Contributors

Alice Cherng and Belinda Wei (cocobellacreamery.com) are founders of Cocobella Creamery, a vegan, gluten-free, and nut-free ice cream shop.

Chef Doomie (@doomies) is a self-described lunatic who crafts vegan comfort food for #NextMex and Doomie's locations in Los Angeles and Toronto.

Julia Gordiienko (@airandday) is a vegan pastry chef and photographer from Kiev, Ukraine, and co-owner of vegan bakery Air + Day.

Lou Oates (littlepinereastaurant.com) is the executive chef of Little Pine.

Krimsey Ramsey (krimseys.com), owner of Krimsey's Cajun Kitchen, is a former petroleum engineer-turned-vegan chef and author of The Cajun Vegan Cookbook.

Hungry for more?

Check out VegNews.com for the must-eat meals from LA's top vegan influencers + our picks for the city's most kid-friendly eateries!



veganizeit!

Wing It

Turn up the heat this summer with these smoky, finger-lickin' good chicken(less) wings.

by **BRIAN L. PATTON**
photo by **ERIN & JEFF WYSOCARSKI**



Smoky Chicken Wings

Makes 12 wings

For the wings:

- 6³/₄ cups plus 2 tablespoons vegan chicken-style broth, divided
- 1 cup vital wheat gluten flour
- 1 tablespoon poultry seasoning
- 1 tablespoon nutritional yeast
- ¹/₈ teaspoon salt
- 1 tablespoon yellow miso paste
- 1 cup hot water
- 3 8-inch round rice paper wrappers

For the rub:

- 1 tablespoon smoked paprika
- 1 tablespoon granulated garlic
- 1 tablespoon onion powder
- 1 tablespoon brown sugar
- ¹/₂ teaspoon dried thyme
- ¹/₂ teaspoon dried oregano
- ¹/₄ teaspoon salt
- ¹/₄ teaspoon pepper
- 2 tablespoons hot sauce
- 2 tablespoons soy sauce
- ¹/₃ cup grapeseed oil
- ¹/₂ teaspoon liquid smoke

1. Into a large pot over medium heat, add 6 cups broth and bring to a low simmer, about 10 minutes. While broth is simmering, make wings.
2. Into a medium bowl, add flour, poultry seasoning, nutritional yeast, and salt, and mix to combine. In a measuring cup, add miso and remaining ³/₄ cup broth, and whisk to combine. Add miso broth to bowl with dry ingredients, and stir until a dough forms. If there are dry spots, add remaining 2 tablespoons broth. Knead dough 30 seconds, or until no dry spots remain.
3. Divide dough into 12 equal pieces. Shape six pieces into flat wings by smashing down with the palm of your hand. Once flattened to ¹/₄-inch thick, stretch into an oblong shape about 2¹/₂-inches long. Shape remaining six pieces into drumsticks by rolling between your hands at an angle, so that one end is bulbous and the other is more narrow, similar to an ice cream cone.
4. Drop all wings into broth and simmer over low heat for 40 minutes. Remove from broth and let cool. Cover and chill in refrigerator for at least 1 hour. Once chilled, set aside.
5. Into a large bowl, add hot water. Submerge a rice paper wrapper in water for

Get Saucy

For a twist on our wings, Chef Brian recommends tossing your favorite store-bought sauce with the reserved rub before broiling.

- ★ **FOR HEAT**, try buffalo sauce
- ★ **FOR TANG**, try teriyaki sauce
- ★ **FOR EVEN MORE SMOKINESS**, try barbecue sauce
- ★ **FOR A HINT OF SUGAR**, try sweet and sour sauce
- ★ **FOR DECADENCE**, try garlic butter (psst ... try our Bacon Herb Butter Spread on p.48!)

30 seconds until soft and pliable. Remove from water, carefully place on a cutting board, and cut widthwise and lengthwise into 4 equal triangular pieces. Wrap 1 wing in each rice paper portion, and set aside to dry for 10 minutes. Repeat with remaining rice paper wrappers and wings until all are wrapped.

6. For the smoky rub, into a medium bowl, add all ingredients and whisk to combine. Coat each wing in rub, reserving 2 tablespoons for basting.

7. Place wings on a baking sheet and broil on high for 8 to 10 minutes on top rack of oven, turning every 2 to 3 minutes until charred on both sides. Return wings to bowl, add remaining 2 tablespoons rub, and gently toss to coat. Let cool slightly and serve warm. **VN**

Brian L. Patton (thesexyvegan.com) is a chef, multimedia personality, and author of *Sexy's Best, Vol. 5: The Vegan Fried Chicken of Your Dreams*.



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CHOCOLATE CHIP

Dark chocolate & creamy vanilla transport you back to Grandma's kitchen!



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Better BBQ

Transform a basic cob into the cream of the crop with these three luscious, buttery spreads.

by HEATHER BELL & JENNY ENGEL

photo by JACKIE SOBON



Basic Corn Cobs

Serves 4

- 4 fresh ears of corn
- 2 teaspoons safflower oil

1. To prepare corn in oven, preheat to 400 degrees. Shuck corn and brush with oil. In a large baking dish, place corn and cook for 30 to 40 minutes, rotating every 15 minutes until kernels are evenly charred and tender. To serve, coat corn with spreads.

2. To prepare corn on grill, soak whole ears of corn, with husks, in water for 20 minutes. Peel husks back to base of corn, brush with oil, and place husk back over corn. Preheat grill to medium-high heat. Before placing corn on grill, raise heat to high and grill until outer leaves are blackened, rotating occasionally. To serve, peel back husks and coat corn with spreads.

Bacon Herb Butter Spread

- $\frac{1}{2}$ cup vegan butter, softened
- 2 teaspoons lemon juice
- Zest of $\frac{1}{2}$ lemon
- 2 teaspoons brown rice syrup
- $\frac{1}{2}$ teaspoon smoked sea salt
- $\frac{1}{4}$ teaspoon black pepper
- 1 tablespoon finely chopped fresh basil
- 2 teaspoons finely chopped fresh chives
- 2 teaspoons finely chopped fresh parsley
- $\frac{1}{4}$ cup crumbled vegan bacon, for garnish

Into a small bowl, add butter, lemon juice, lemon zest, brown rice syrup, salt, pepper, basil, chives, and parsley. Whisk to combine and refrigerate until ready to serve. Five minutes before serving, remove from refrigerator to soften slightly. Spread generously on corn and garnish with bacon bits.

Sesame-Miso Mayo Spread

- $\frac{1}{2}$ cup vegan mayonnaise
- 1 tablespoon miso paste
- 2 teaspoons rice vinegar
- 2 teaspoons tamari
- 1 teaspoon sugar
- 1 teaspoon toasted sesame oil
- 2 tablespoons black sesame seeds, for garnish

Spread Swaps

Here are three inventive ways to use our homemade spreads.

Sensational spuds Top a mountain of mashed potatoes with our Bacon Herb Butter Spread, then garnish with shredded cheddar.

Grilled cheese champ Transform grilled cheese sandwiches by slathering bread with our Sesame-Miso Mayo Spread before frying.

Stir-fry secret Give stir-fries a smoky remix by sautéing vegetables with our Spicy Maple-Barbecue Spread.

Into a small bowl, add mayonnaise, miso, rice vinegar, tamari, sugar, and sesame oil. Whisk to combine and refrigerate until ready to serve. Five minutes before serving, remove from refrigerator and whisk again to soften slightly. Spread generously on corn and garnish with sesame seeds.

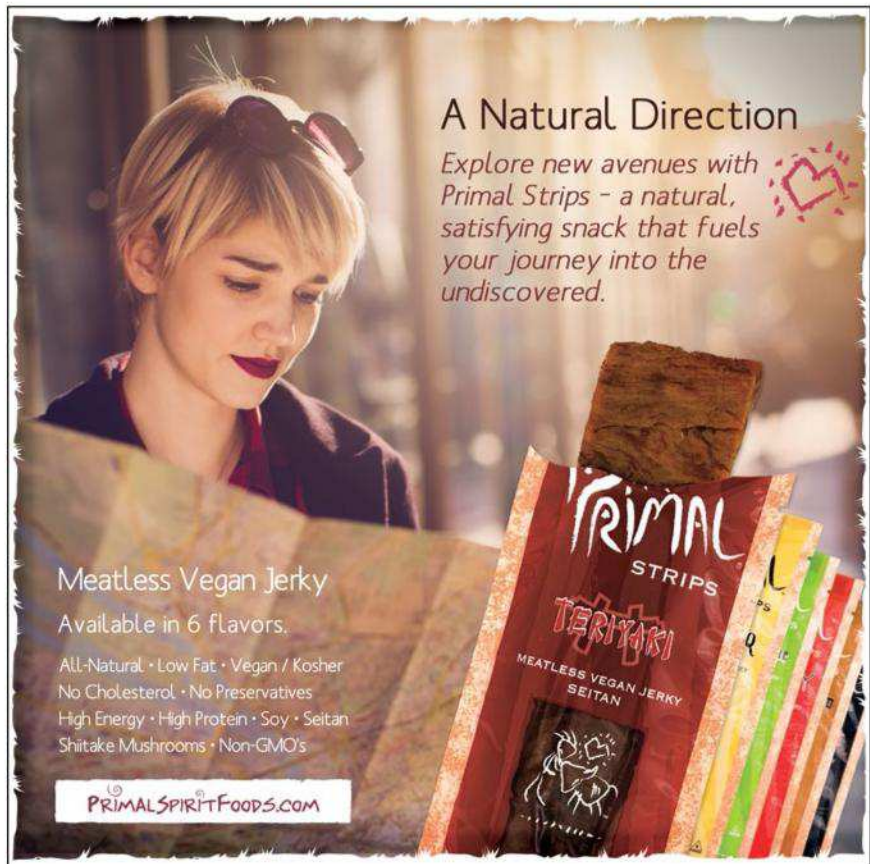
Spicy Maple-Barbecue Spread

- 1/2 cup vegan butter, softened
- 1/2 teaspoon barbecue spice or chili powder
- 1/4 teaspoon cayenne
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1 tablespoon lime juice
- Zest of 1/2 lime
- 2 teaspoons maple syrup
- 1 tablespoon finely chopped fresh chives, for garnish

Into a small bowl, add butter, barbecue spice, cayenne, salt, pepper, lime juice, lime zest, and maple syrup. Whisk to combine and refrigerate until ready to serve. Five minutes before serving, remove from refrigerator to soften slightly. Spread generously on corn and garnish with chives. **V**

Heather Bell and Jenny Engel

(sporkfoods.com) are sisters, authors of *Spork-Fed* and *Vegan 101*, and co-owners of *Spork Foods*, a Los Angeles-based gourmet vegan food company.



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Thai Curry-Mango Peanut Snack Mix

Makes 4 cups

- 2 cups popped popcorn
- 1/8 teaspoon salt
- 1/2 cup roasted peanuts
- 1/2 cup small pretzel twists
- 1/3 cup lightly packed, diced unsweetened dried mango
- 1 tablespoon virgin coconut oil
- 2 tablespoons sugar
- 2 teaspoons vegan Thai red curry paste

1. In a large bowl, combine popcorn, salt, peanuts, pretzels, and mango, and set aside.
2. In a large nonstick skillet over medium heat, melt oil. Add sugar and curry paste and stir gently until dissolved, about 2 to 5 minutes. Add popcorn mixture, and stir for about 2 minutes until ingredients are lightly toasted and coated with sugar mixture.
3. Into a large bowl, transfer mixture and let cool. Mixture will crisp as it cools. Serve immediately, or store in a tightly sealed container or zip-top bag for up to 2 days.

Pop Perfect

Sweet-and-salty and oh-so crunchy, these reimagined popcorn mixes blend bold flavors with simple ingredients to help slay any snack attack.

by JULIE HASSON photo by STEVEN SEIGHMAN



popcorn

mango

salt

pretzels

coconut oil

peanuts

Thai red curry paste

sugar

Coconut-Masala Popcorn Snack Mix

Makes 4 cups

- 2 cups popped popcorn
- 1/2 teaspoon garam masala
- 1/4 teaspoon salt
- 1/8 teaspoon cayenne pepper
- 1/3 cup unsweetened coconut flakes
- 1/2 cup roasted chickpeas
- 1/3 cup golden raisins
- 1/4 cup minced candied ginger
- 1 tablespoon virgin coconut oil
- 2 tablespoons granulated sugar

1. Into a large bowl, combine popcorn, garam masala, salt, cayenne, coconut flakes, chickpeas, raisins, and ginger, and set aside.
2. In a large nonstick skillet over medium heat, melt oil. Add sugar and stir gently until dissolved, about 2 to 5 minutes. Add popcorn mixture, and stir for about 2 minutes until ingredients are lightly toasted and coated with sugar mixture.
3. Into a large bowl, transfer mixture and let cool. Mixture will crisp as it cools. Serve immediately, or store in a tightly sealed container or zip-top bag for up to 2 days.

Thai Curry-Mango Peanut Snack Mix

Mix Remix

Perfect as our popcorn snack mixes are, they can be made even better! Customize our blends with simple swaps for more twists on our munch-worthy treats.

Swap the popcorn for ...

- ✓ Corn flakes
- ✓ Pretzels
- ✓ Mini rice cakes
- ✓ Cap'n Crunch

Swap the fruit for ...

- ✓ Dried apricots
- ✓ Dried banana slices
- ✓ Freeze-dried berries
- ✓ Plantain chips

Swap the nuts for ...

- ✓ Wasabi peas
- ✓ Hazelnuts or pistachios
- ✓ Roasted edamame
- ✓ Spiced pepitas



Pineapple-Nori Sesame Snack Mix

Makes 4 cups

- 2 cups popped popcorn
- 1/4 teaspoon salt
- 1/2 cup sliced almonds
- 1 tablespoon black sesame seeds
- 1 tablespoon white sesame seeds
- 1/2 sheet nori, crumbled into small bits
- 1/2 cup small pretzel twists
- 1/3 cup lightly packed, diced unsweetened dried pineapple
- 1 tablespoon toasted sesame oil
- 2 tablespoons granulated sugar

1. In a large bowl, combine popcorn, salt, almonds, sesame seeds, nori, pretzels, and dried pineapple, and set aside.
2. In a large nonstick skillet over medium heat, warm oil. Add sugar and stir gently until melted, about 2 to 5 minutes. Add popcorn mixture, and stir for about 2 minutes until ingredients are lightly toasted and coated with sugar mixture.
3. Into a large bowl, transfer mixture and let cool. Mixture will crisp as it cools. Serve immediately, or store in a tightly sealed container or zip-top bag for up to 2 days. **W**

Julie Hasson (juliehasson.com) is a vegan chef and cookbook author based in Portland, OR who runs baking mix company Julie's Original.

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Jam Packed

Chocolate cookies plus coconut-strawberry and peanut butter ice cream make for the melty, summertime treat of our dreams.

recipe & photo by **JACKIE SOBON**



These delectable frozen desserts bring new meaning to PB&J sandwiches.

PB&J Ice Cream Sandwiches

Makes 8 sandwiches

For the strawberry ice cream:

- 1 (13.6-ounce) can full-fat coconut milk
- 1 cup freeze-dried strawberries
- 6 tablespoons sugar
- $\frac{1}{4}$ cup aquafaba (see “Prep School”)
- $\frac{1}{4}$ teaspoon salt

For the peanut butter ice cream:

- $1\frac{1}{2}$ cups unsweetened vegan milk
- $\frac{3}{4}$ cup smooth peanut butter
- $\frac{1}{4}$ cup sugar
- $\frac{1}{4}$ cup aquafaba
- $\frac{1}{2}$ teaspoon vanilla extract
- $\frac{1}{2}$ teaspoon salt

For the cookies:

- 1 cup all-purpose flour
- $\frac{1}{3}$ cup cocoa powder
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{2}$ cup unsweetened vegan milk
- $\frac{1}{2}$ cup sugar
- $\frac{1}{3}$ cup brown sugar
- $\frac{1}{4}$ cup melted coconut oil
- 3 tablespoons aquafaba
- 1 tablespoon ground flaxseeds
- $\frac{1}{2}$ teaspoon vanilla extract

1. For the strawberry ice cream, into a blender, add all ingredients, and purée for 1 minute to break down strawberries. Into a large, zip-top freezer-safe bag, pour ice cream mixture. Lay bag as flat as possible in freezer for at least 90 minutes, or until very firm.

2. For the peanut butter ice cream, into a blender, add all ingredients, and purée for 1 minute to fully emulsify peanut butter. Into a large, zip-top freezer-safe bag, pour ice cream mixture. Lay bag as flat as possible in freezer for at least 90 minutes, or until very firm. While ice cream bases are freezing, make cookies.

3. For the cookies, preheat oven to 350 degrees, and line 2 8 x 10-inch baking sheets with parchment paper. In a large mixing bowl, sift together flour, cocoa, and salt until combined. In another mixing bowl, whisk milk, sugars, coconut oil, aquafaba, flaxseeds, and vanilla until combined.

4. Pour wet mixture into dry, and whisk until smooth. Evenly divide batter between both baking sheets. Bake for

Prep School

Fab 'faba

The liquid from a can of chickpeas or white beans, aquafaba is a protein-rich, vegan egg white substitute that adds body to ice cream.

Nut or not

Have a peanut allergy or prefer the flavor of other nuts? Replace the peanut butter with smooth almond or sunflower seed butter.

Strawberry swaps

Replace freeze-dried strawberries with another freeze-dried fruit such as blueberries, or $\frac{2}{3}$ cup of your favorite jam.

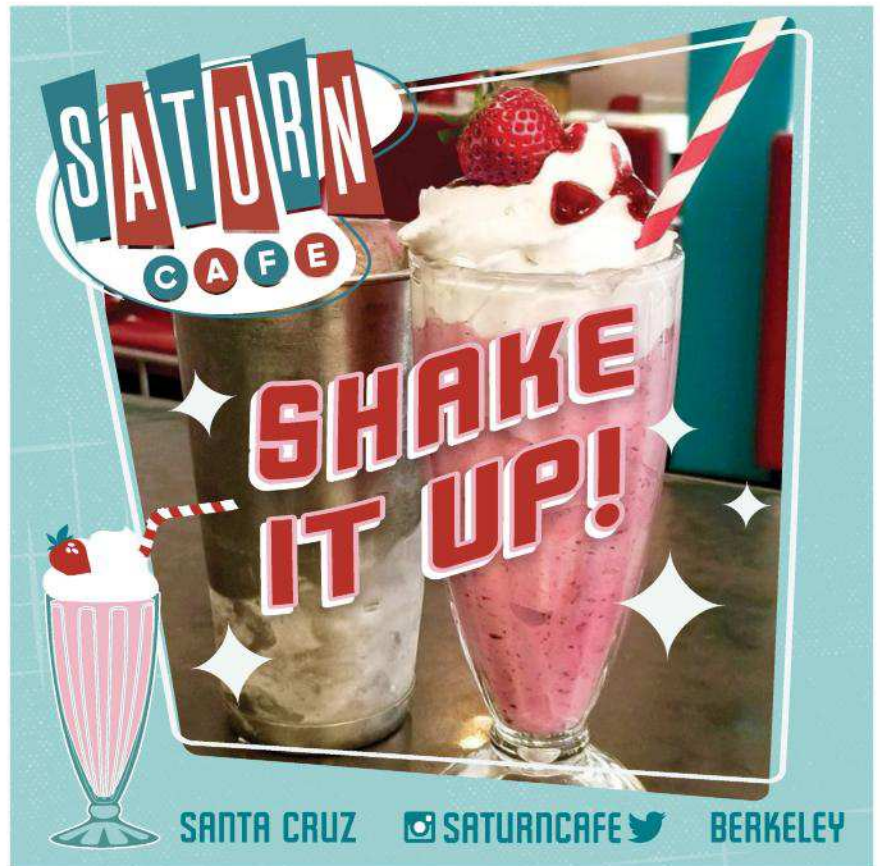


9 to 10 minutes, switching positions of baking sheets half-way through. Place baking sheets on cooling racks to cool for at least 30 minutes.

5. Once strawberry ice cream base is frozen, break into chunks while still in bag, add to a food processor, and process until a soft-serve consistency is reached. Flip over one cooled cookie sheet and spread ice cream in a smooth, even layer. Transfer to freezer for 15 minutes to set before preparing peanut butter layer.

6. After strawberry ice cream has mostly solidified, break peanut butter ice cream base into pieces and process in food processor in same manner. Once smooth, evenly spread peanut butter ice cream over the strawberry layer and top with other cookie sheet. Freeze again for at least 30 minutes before cutting into $8\frac{1}{2} \times 4$ -inch cookie sandwiches. To store, wrap each sandwich in wax paper and place in a sealed bag in your freezer for up to 2 months. **VN**

Jackie Sobon (veganyackattack.com) is the author of *Vegan Yack Attack on the Go!* and a food photographer with an insatiable sweet tooth.



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Pistachio Sorbet with Sea Salted Caramel

SORBABES

Pistachio nut butter, chopped green pistachios, and thick, salted caramel come together harmoniously for an unexpected twist on traditional sorbet you may not have known you needed, but now won't be able to live without.

Top it: A dollop of crunchy almond butter pairs perfectly with this smooth sorbet.

Inside Scoop

No sizzling summer day spent lounging by the pool is complete without ice cream. VegNews editors sampled dozens of amped-up ice cream pints, and here are the 10 we can't stop scooping.

photo by JACKIE SOBON

Salty Caramel Ash

FRANKIE & JO'S

Sure, activated charcoal is a major food trend, but its medicinal benefits mean this indulgent, pitch-black pint made by Seattle artisanal ice cream makers and crafted with dry-burned charcoal-coconut milk caramel is basically a health food, right?

Top it: Bring light to the dark by adding a few mini vegan marshmallows.

Toasted Coconut Key Lime

SO DELICIOUS

Give your taste buds an instant vacation to the tropics with toasted coconut and refreshing key lime in this coconut milk-based, summer-ready frozen escape. All that's missing is a beach umbrella and great book.

Top it: Complete the pie fantasy with crumbled graham crackers.

Peanut Butter Half Baked

BEN & JERRY'S

Navigate through gobs of peanut butter cookie dough and chunks of chewy Greyston Bakery brownies folded in swirls of chocolate and peanut butter almond milk ice cream from the iconic Vermont-based company. This was definitely not a half-baked idea.

Top it: Up the PB power with crushed peanut butter cups.

Pancakes & Waffles

HALO TOP

This unconventional vegan flavor from the popular paleo-friendly brand has us convinced it's perfectly acceptable to eat ice cream for breakfast. Maple syrup swirl and waffle cone crunch in a low-calorie, high-protein coconut ice cream? Rise 'n shine!

Top it: Breakfast is ready! Sprinkle on some coconut bacon and dig in.



Caramel Cold Brew & Cookies

NADAMOO!

Creamy, coffee-infused coconut milk ice cream is pretty great on its own. But add ripples of caramel and chunks of gluten-free chocolate sandwich cookies, and you have a buzzworthy treat that caffeine lovers won't be able to put down.

Top it: Chop up chocolate-covered espresso beans for an extra java jolt.




Coconut Cookies and Crème Trio Crispy Layers

HÄAGEN-DAZS

Traditional cookies-and-cream gets an upgrade with alternating layers of Belgian dark chocolate ice cream, crunchy cookie-studded coconut ice cream, and thin sheets of crackly dark chocolate in this innovative pint from the legendary dessert brand.

Top it: Add textural variety with a dollop of coconut whipped cream.



Peach Sangria

CIAO BELLA

This luscious Italian-inspired sorbetto captures the very essence of summer, with juicy white peaches, white wine reduction, Sicilian blood oranges, and fragrant lemons all playing their part to make this iced dessert a crave-worthy poolside essential.

Top it: Revel in summer glory by adding chopped candied lime.



Vegan Honeycomb

VAN LEEUWEN

Inspired by the classic Australian confection, this decadent flavor from the New York-based scoop shop features an ultra-smooth cashew-coconut cream base punctuated with crunchy (honey-free) honeycomb candy.

Top it: Bee clever with a drizzle of vegan honey.



Chocolate Hazelnut Fudge

COCONUT BLISS

What's one way to improve upon Nutella? Make it into coconut ice cream and add even more chocolate! This hazelnut-studded chocolate ice cream has us in a total state of bliss.

Top it: One pour of slightly warmed vegan Nutella and you're in heaven.



Luna & Larry's
ORGANIC
Coconut Bliss
CHOCOLATE HAZELNUT FUDGE



The queen of fun food, Chloe Coscarelli, would rather make cupcakes than war. After last year's very unfun tussle with business partners over her restaurant chain by CHLOE, you couldn't blame her if she never wanted anything to do with a commercial venture ever again. Luckily for us, Coscarelli has instead returned to her sweet roots, dazzling diners at her new Miami eatery, Chef Chloe and the Vegan Cafe.

Located in St. Roch Market, an offshoot of New Orleans' historic food hall, the vibe is pure Miami. Floor-to-ceiling windows on two sides let natural light flood in. The high ceiling, slate floor, and gray-and-white marble tables make for a spare, industrial-chic look. Pops of color come from the decorative bookshelf spanning the length of the space, as well as the café's own rainbow-bright offerings. Place your order, take a lap around the food hall, and maybe grab an artisanal cocktail from neighboring bar The Mayhaw. Snag a table inside or dine *al fresco* on the patio; staff texts you when your order is ready and delivers it to your table. This is fast-casual done right.

Pure Miami

With chic décor, desserts galore, and tropical flavors that'll have you dreaming of a move to Miami, Chef Chloe and the Vegan Cafe lets you have your giant rainbow sprinkle cake and eat it, too.

by ELLEN KANNER

Pretty in pink

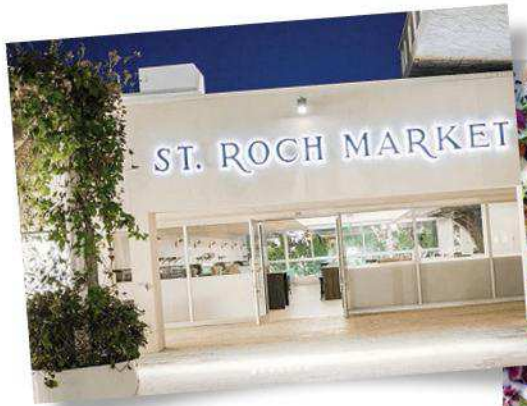
Chef Chloe and the Vegan Cafe's menu is cute, curated, playful, and prone to pink (Coscarelli's signature color), from the dragon fruit lemonade to the selection of cakes, cookies, and sweet treats sure to brighten even the rainiest day. Portions are generous, and items like the butternut squash nachos—St. Roch Market's number-one seller during opening week—beg to be shared.

The towering nachos arrive in a large white bowl looking like an enormous tropical blossom. Petals of crispy tortilla chips are loaded with guacamole; showered in a confetti of diced mango, red onion, and tomatoes; and held in place by a luscious vegan queso made from cashews and butternut squash that impart creaminess, earthiness, and a glorious golden glow.

Avocado toast, the staple of any self-respecting plant-based eatery, gets the Insta treatment with a topping of edible blossoms, a few skinny strips of pink pickled onion, a pop of chili flakes, and a sprinkling of black sesame seeds. A thing



Cupcake: Will Donaldson; All other food photos: Courtesy @chefchloe



of beauty, yes, but this millennial meal is more than eye candy. The toast—grainy and sliced thick—easily maintains its crunch, even underneath hefty mashed avocado. The secret, though, is a final drizzle of truffle oil for an undercurrent of umami and the perfect finish.

Salad celebration

Avocado, a longtime Coscarelli favorite, makes yet another appearance in the Peace, Love and Guacamole Salad. Greens, corn kernels, hearts of palm, tomatoes, and

coating of rainbow sprinkles. It's a child's fantasy birthday cake you can treat yourself to, even as an adult.

Not a cake person? Like it raw? The Rawlmond Joy offers great goo factor with sweetened coconut, toasted almonds, and rich, dark chocolate. It's energy-ball-meets-

Chef Chloe and the Vegan Cafe's menu is cute, curated, playful, and prone to pink—Coscarelli's signature color.

purple onion meet guac before being tossed in not one, but two dressings: mellow green goddess and zesty coconut-lime.

Mango, that other sexy tropical fruit, takes a star turn in Miami Mango, the bolder of the two salads. Fluffy quinoa and bright mango salsa peek through a mound of mixed greens and spicy maple tofu. A wave of heat from fiery sriracha is balanced by the sweetness of a touch of vegan apple-based honey. The flavors, textures, and overall experience of this salad will make a true tofu believer out of anyone. Both salads are significant in size and brim with superfood goodness to help you glow from the inside out. Wellness, though, is only part of the story.

Sweet success

Any Chef Chloe fan knows that dessert is her specialty and should absolutely not be skipped. The Vanilla Sprinkle Cake—mile-high, feather-light, and moist—features lavish swirls of thick white frosting and a

candy bliss. Sea Salt Chocolate Chunk Cookies as big as your hand are crunchy rather than soft and loaded with chunks big enough to see from space. Almost. And the cashew-coconut matcha soft-serve, delivered in a fresh coconut shell, is as Miami as it gets.

The entire menu is new and fresh, with only one classic recipe: Coscarelli's *Cupcake Wars*-winning Chocolate Strawberry Cupcakes. Deeply chocolaty and topped with velvety vanilla whipped cream, it's the zing from plump sliced strawberries—a genius way to balance richness—that keeps diners coming back for more. It's sweet, tender, and an undeniably great fit in Miami ... just like its creator. **W**

Miami-based **Ellen Kanner** (*soulfulvegan.com*) is the author of *VegNews Book of the Year*, *Feeding the Hungry Ghost: Life, Faith and What to Eat for Dinner*, and the *Meatless Monday blogger* for Huffington Post.

Chatting Chloe

The vegan scene in Miami has exploded in recent years, with the plant-based Seed Food & Wine Festival and a crop of veg eateries inviting destination dining. Now, Miami is hot for Chef Chloe's latest venture.

Why Miami?

"There's so much beauty in this city," says Coscarelli. "I'm inspired by the bright colors, from the tropical fruit to the plants to the street art." That inspiration comes through in her café's menu, alive with bold flavors, vibrant colors, and locally sourced produce—with some exceptions. Big green Florida avocados "are pretty," she says "but not nearly as buttery as the Hass."

Guest list

Who comes to Chef Chloe and the Vegan Cafe? "There is an amazing vegan community in Miami," says Coscarelli, but she adds most guests are just looking for good food. Compared to New Yorkers, "Miami people are easier to win, with a more open mind," says Alyssa Fasciano, a longtime member of Coscarelli's team and the café's general manager. "Some guests drive great lengths to get here," says Fasciano. "We want to make it worth the trip." It is.

Right at home

Coscarelli teamed up with friend and esteemed chef Matthew Kenney to dazzle the South Beach Food and Wine Festival with a vegan feast last year. She was back this year, cooking with chef David Lee of Planta, the South Beach outpost of Toronto's popular eatery. A pop-up dinner's one thing; opening a café when you're already a vegan superstar with a new, best-selling cookbook is another. But Coscarelli couldn't resist. "Everything about the city felt right!"

Chef Chloe Coscarelli





Cocktail connoisseurs head to **Sticky Rice** for inventive craft drinks featuring house-grown lavender and fresh organic fruit (think lime and basil-macerated strawberries). The Asian fusion menu is as inspired as it is delicious; devour a Dirty Vegan noodle bowl with coconut-peanut sauce, or an order of The Hot Hippy sushi rolls packed with marinated tofu, vegetables, and peanuts. bmoresticky.com



Baltimore, Baby

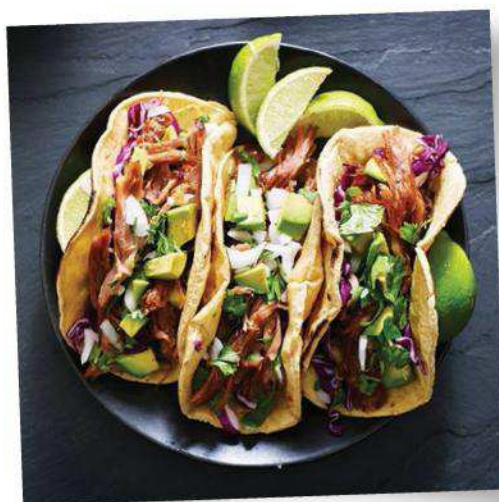
A burgeoning vegan scene helps to reinforce Baltimore's "Charm City" nickname.

by LAUREN SHAFER

Looking for filmmaker John Waters' quirky version of Baltimore? Make a pilgrimage to **Hampden**, the hipster neighborhood populated by multi-level thrift stores overstuffed with eccentric finds, arts and craft shops, and one-of-a-kind clothing boutiques like **Doubledutch**. Thumb through a graphic novel or art book at **Atomic Books**, where every Waters screenplay and DVD is autographed by the filmmaker himself. hampdenmerchants.com



Innovative plant-based purveyors put European-style food hall **R. House** ("R" for the neighborhood of Remington) on the map as a culinary hotspot. Make friends at the communal seating over a beer and **Molina Pizze & Polpette's** classic Terra: a crisp pizza dolloped with silky cashew ricotta and lemon-basil pesto. And don't miss the crispy Korean Cauliflower from **Stall 11's** menu of global street food. r.housebaltimore.com



Whatever you do during your Baltimore getaway, save room—and make a reservation—to dine at **Great Sage**, an elegant all-vegan restaurant boasting an organic seasonal menu. Try the delicate Rosé Pasta with basil chiffonade with the house's suggested wine pairing. Brunch-goers with a sweet tooth melt over the Decadent Cinnamon Roll with a towering swirl of cream cheese frosting. greatsage.com

Noodles: courtesy of Sticky Rice Bmore; Ship: courtesy of Visit Baltimore; Tacos: courtesy of Great Sage



An institution in its 41st year, the **Baltimore Farmers' Market** is a Sunday scene where locals load up on fresh produce and sample Baltimore-made foods like Butterfly Lime kombucha from **Hex Ferments** and golden-crispy Lemon Pistachio granola clusters from **Michele's Granola**. Pro tip: sample the market's wide assortment of restaurant fare, too, including **Verandah's** Tikki Chaat—pillowy soft potato patties and chickpeas in a rich, turmeric-infused curry. [facebook.com/bmorefarmersmarket](https://www.facebook.com/bmorefarmersmarket)



Just 35 minutes west of Baltimore is **Conscious Corner**, a socially responsible retail strip promoting mindful living. In July, anchor store **Roots Market** holds the Summer Vegan Fest featuring more than a dozen food and wellness vendors, vegan-inspired art, prizes, and fun-for-all activities such as vegan nacho bars. Festivities spill over into **Nest**, a lovingly curated fair-trade home goods store. [consciouscorner.com](https://www.consciouscorner.com)

Vegan soul food joint **The Land of Kush** offers a plant-based version of Maryland's favorite delicacy, crab cakes. Herbivores and meat-eaters alike come together for these crispy patties spiced with traditional Old Bay seasoning plus a side of Kush's award-winning baked mac and cheese. One catch: these cakes are only available on weekends! [landofkush.com](https://www.landofkush.com)



Every summer, tourists converge on Baltimore's Inner Harbor, a scenic promenade lined with antique shops, chain restaurants, and daytripper attractions. But explore beyond Charm City's well-manicured waterfront and meet the real Baltimore within the city's vibrant neighborhoods. It's quirky and independent, with a rich history and an eye toward the future, including a flourishing community of vegans and businesses eager to serve them.



If there's one party that brings this city together, it's **Artscape**. Over a July weekend, more than 150 artisans show their works, sculptures fill every median, and local and national acts provide a musical soundtrack. You'll find an abundance of herbivorous options, but **The Green Bowl** food truck's vegan *mofongo*—garlicky mashed fried plantains in a rich tomato sauce—is a must-try. [artscape.org](https://www.artscape.org)



On a hot day, the line for handcrafted ice cream from **The Charmery** winds out the door and around the corner. Brave that line! Owners David and Laura Alima churn at least one vegan ice cream daily in rotating flavors such as Chai Coconut Cookie or Choco Coconut, served in a vegan sugar cone. More adventurous flavors include Mango Lime Hot Sauce, where cold, sweet, and heat deliciously marry. [thecharmery.com](https://www.thecharmery.com)

Outdoorsy sorts head north of Baltimore for a breath of fresh air along the **North Central Railroad**, a former railroad turned gravel bike-trail. Pop by **Veggie Esperanto** for a locally brewed kombucha or an adventure-ready Breakfast Bar, then rent an inner tube from **Monkton Bike Rental** for a lazy float down the Gunpowder Falls alongside the trail. [monktonbike.com](https://www.monktonbike.com)

A Baltimorean for more than 20 years, **Lauren Shafer** (@livefullbaltimore) is a certified health coach, a social media manager, a long-distance runner, and coordinator of No Meat Athlete Baltimore.

Vibrant Vienna

Colorful architecture, ancient vineyards,
and an abundance of plant-based eats
await in historic Vienna.

by **LAWRIE MOORE-WALTER**

For several years running, Austria's charming capital of Vienna has ranked among the most livable cities in the world. Contributing to the city's standing are excellent water quality, lavish green spaces, extensive public transportation, and universal health care. And with roughly nine percent of the population eating plant-based, vegetable-forward restaurants and shops are plentiful, and the Viennese have begun to applaud the role that veganism plays in enhancing their quality of life.

Vienna has long been a melting pot of Europe, and a full 50 percent of its residents are first- or second-generation immigrants. No matter where they're from, newcomers are quick to adopt the Viennese culture of *gemütlichkeit*, which translates roughly to the idea of being comfortable and unhurried. This means that things happen slowly in Vienna; customers linger over coffee at hundreds of cafés scattered across the city, hikers take leisurely strolls through the Vienna Woods on weekends, and locals take the time to explore the city's many art museums.

In the center of Europe, Vienna is often a destination for tourists on a whirlwind exploration of the continent; many river cruises and bus tours give travelers just an afternoon to see the city. But all of that goes against the idea of *gemütlichkeit*. To really take in the best that this vegan-friendly city has to offer, it's worth slowing down and experiencing it at a local's pace.

Delicious traditions

Originally settled in 500 BCE, Vienna flourished when it became the capital of the Habsburg Monarchy in 1440. During the Habsburg dynasty's 580-year reign, the arts were championed and the city became famous for its classical music. This is where Mozart penned his "Requiem in D Minor," Beethoven composed his "Symphony No. 5," and Strauss II performed "The Blue Danube" waltz. The Viennese are proud of their musical heritage and even today, passersby are serenaded by the rhythmic notes of classical melodies tinkling out of shops and coffee houses.

The era of the Habsburgs was a time of migration, and what is now known as Viennese food is actually a mixture of culinary traditions from the far reaches



of the Habsburg Empire. Schnitzel, a traditional dish that's essentially a breaded and fried patty, assimilated into Austrian cuisine from Italy. The vegan burger chain Schillinger's Swing Kitchen modernizes classic schnitzel in their Vienna Burger, a substantial sandwich featuring a crispy, deep-fried soy schnitzel, cucumbers, tomatoes, onions, and enough garlic sauce to ward off vampires for days.

While the Habsburgs were in power, Vienna was besieged twice by the Ottoman Empire. The Turks brought with them something now closely associated with Vienna: coffee beans. The first coffee house in Vienna debuted in 1685, and hundreds more have opened their doors since. Enter any traditional coffee house, and you'll notice the same things: the richly bitter scent of coffee beans roasted just to the brink of being burned, tuxedoed servers balancing silver trays with implausibly dainty espresso cups, and elderly Viennese clad in fine suits and dresses studying the daily newspaper. The Viennese "coffeehouse culture" is so distinct that it is recognized by UNESCO in the National Inventory of Intangible Cultural Heritage.

In Vienna, enjoying coffee is the epitome of *gemütlichkeit*. It's perfectly acceptable to order just one coffee and spend the day slowly nursing it, and both traditional coffee houses and modern cafés alike offer a tantalizing variety of cakes to help balance the bitter roast of their beans. At Easy Going Bakery, the vegan and gluten-free mini peanut butter chocolate caramel cupcake is filled with gooey caramel



and topped with a velvety peanut butter frosting, then crowned with dark chocolate ganache and roasted peanuts—in other words, the ideal companion to a strong, dark brew.

Ring me up

Vienna's layout has developed over millennia into a series of concentric rings. Within the smallest ring is Innere Stadt, the heart of the city and Vienna's first district. This district is a maze of narrow cobblestone streets and imposing stucco buildings that cast the sidewalks in shadow. Most pedestrians keep an eye on their feet to avoid tripping over the uneven cobblestones, but doing so means missing the elaborate facades that decorate the city. Until recently, buildings had to be ornamented with some type of art on their exteriors, so much of the architecture features colorful mosaics, cement sculptures, or precious metals.

Encircling the first district is the 3.3 mile-long Ring Road—a broad, shady boulevard lined with maple, sycamore, and linden trees. In the summer, cyclists zip around town in bike lanes and curious



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visitors explore the many grand palaces that flank the boulevard. Along the sun-dappled sidewalks rimming Ring Road, the Viennese leisurely stroll, often with a gelato or other treat in hand. Vegans wanting to savor the city's sweet side should make the pilgrimage to Veganista for the dreamy confection known as the Cookie Cookie Cookie Inbetwiener: a next-level ice cream sandwich featuring super-creamy soy ice cream freckled with crispy cookies and a blueberry jam center, all smooshed between two giant chocolate chip cookies.

A stone's throw from Ring Road is Tian, a Michelin-starred beacon of fine dining recently voted among the top 15 vegetarian restaurants worldwide. Although vegetarian, there are always vegan options on the ever-changing menu, such as their take on the Sachertorte, the iconic Viennese chocolate sponge cake. Tian's Sacher is a sensually soft, steamed chocolate cake that erupts with molten chocolate, and is finished with a drizzle of warm apricot coulis.

Into the woods

On the northwest border of the city, the Vienna Woods provide 500 square miles of solitude, 38 of which are within the city limits. Called the "green lung" of Vienna, the woods are a UNESCO Biosphere Reserve, meaning that Austria has committed to protecting its biodiversity. Abundant with different plants and birds—as well as a handful of rare bat species—the park offers a multitude of opportunities for communing with nature.

Outdoor lovers will also appreciate the hundreds of hiking trails that snake through the forests. A popular route starts in the hills north of Vienna and meanders along centuries-old vineyards to Grinzing, a Vienna neighborhood famous for its wineries. Weingut Feuerwehr Wagner offers vegan versions of typical winery food, including spinach strudel, vegetable dumplings, and baked porcini mushrooms. Every bottle produced here is vegan, and like other traditional wineries, they only sell wine they produce themselves. Typical to Vienna is the gemischter Satz, a cuvée-like blend of grape varietals grown together in the same vineyard.

Toward the east of the city lie the Habsburgs' former hunting grounds,

The Road Less Traveled

Want to see the underbelly of Vienna? These tours offer a different approach to sightseeing.

Third Man Tour

This tour takes visitors through the sewer system featured in the chase scene from Orson Welles' *The Third Man*. Learn about the modern sewer system and how it evolved since the film was made.

Smells Like Wien Spirit

With so much to see, when in Vienna, don't forget to take a whiff, too. This tour embraces the city's olfactory side and discovers its typical scents (think mountain air, coffee, beer, and chocolate).

St. Stephen's Cathedral Catacombs

Visitors can explore the dark and shadowy pathways of 18th-century catacombs—the burial grounds for bubonic plague victims—right under the cathedral.

the Prater. Now city property devoted to recreation, Prater is to Vienna what Central Park is to New York: a green oasis where locals go to run, ride bicycles, walk their dogs, play soccer, and picnic. On warm summer days, the green space is filled with people gathering to soak up the sun and lounge the day away. Alcohol can be openly consumed in public and the drink of choice is a Radler, a refreshing blend of beer and lemonade. Ottakringer and Stiegl are two Austrian breweries that follow German beer-purity laws, meaning all of their beer varieties are vegan.

With its range of cultural attractions, richness of tradition, leisurely pace, and variety of plant-based cuisine, Vienna truly does have something to offer all of its visitors. So take your time seeing the sights, get lost discovering the city, and above all else, embrace *gemütlichkeit*. In the words of Billy Joel, "Vienna waits for you." **VN**

Lawrie Moore-Walter is an expat who has lived in Vienna for 20 years, and is thrilled about how vegan-friendly the city has become.

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Plant-based nutritionist **Tracye McQuirter**, is on call for your health questions.

Healthy Hues

From eating the food rainbow to shopping at farmers' markets, here's how to make full use of summer's bounty.



Q&A

It's finally hot out, and all I want to eat is fruit. Any tips on how to eat lighter during the warmer months while still getting all of the nutrients I need?

Fortunately, nature provides an abundance of colorful, nutrient-rich fruit and vegetables throughout this season that more than meets our needs. The rainbow of summer's bounty is useful for way more than a pretty social media post—these delicious gems also provide powerful, health-promoting compounds that help prevent and reverse common chronic diseases, boost our immune systems, and aid in proper digestion. And the deeper and more vibrant the color, the greater the health benefits. So to get optimal nutrition this summer, **try to consume at least two to three brightly colored foods at every meal.** That means foods like red lentils, yellow squash, blackberries, orange bell peppers, multi-colored quinoa, purple eggplant, green beans, cherry tomatoes, and yellow corn. The choices are practically endless!

Eat This, Not That

Want even more ideas for eating healthier this summer? Swap breads and cooked grains for fresh vegetables and no-cook grains. It's easier (and tastier) than you might think!

INSTEAD OF ...



... **pasta**, try **spiralized or julienned zucchini, carrots, beets, or cucumbers** and top with a purée of sun-dried tomatoes, fresh herbs, and a little olive oil.



... **flour tortillas or pita bread**, use **collard green leaves and purple cabbage leaves** to hold the filling for veggie wraps or pita-style pockets.



... **buns and bread**, chop your bean burger or grilled tempeh to top a salad of **mixed dark leafy greens**.



... **cold cereal or cooked oatmeal**, try **overnight chia pudding or overnight oats** for a lighter but equally nourishing breakfast.



... **cooked rice**, pulse **fresh cauliflower** down to a rice-like consistency in a food processor. Then sauté or serve raw with sesame oil and herbs for a light and tasty side dish.



Tracye's Feel-Good Tip

"Dark leafy greens are the most nutrient-dense foods we can eat, so add a few dandelion greens to your morning smoothie, mix kale and arugula into your lunchtime salad, and sauté collards with sun-dried tomatoes and garlic for a sensational side at supper."



5 Things You Should Always Buy at the Farmers' Market

1 Berries Come summer, delicate, sun-warmed berries are true pleasures at any farmers' market. Be sure to stock up for smoothies, cobblers, muffins, and jams. Pro tip: bring your own large containers to carry them so that they don't get smashed while you're shopping.

2 Greens As you wander from stand to stand, you're likely to come across beautiful, dark leafy greens that you've never tried before. Don't be intimidated—just ask the farmer how to prepare them.

3 Tomatoes Store-bought tomatoes just don't compare to fresh-picked, multicolored beauties in bright hues such as red, orange, and yellow. Not only are they better-tasting and more nutritious at the market, but they also come in more heirloom varieties which boosts the flavor even more. Samples await, so help yourself.

4 Peaches Summer is peach season, so be sure to get them ripe and at their juiciest while you can. In fact, if you're a peach lover, then you know to get to the farmers' market early—these sweet stone fruits are usually among the first to go.

5 Herbs If you're not growing your own herbs at home, getting them sourced from your local farm is the next best thing. Fresh herbs such as cilantro, basil, and parsley are a great way to add flavor and bonus nutrition to your meals. Roast potatoes with myriad herbs, top off avocado toast with chives, and add fragrant sage to pasta. **VN**

Tracye McQuirter, MPH (*byanygreensnecessary.com*) is a 30-year vegan, public health nutritionist, and author of the new book, *Ageless Vegan*.

VegNews

Vegan Epicure's Tour of Paris

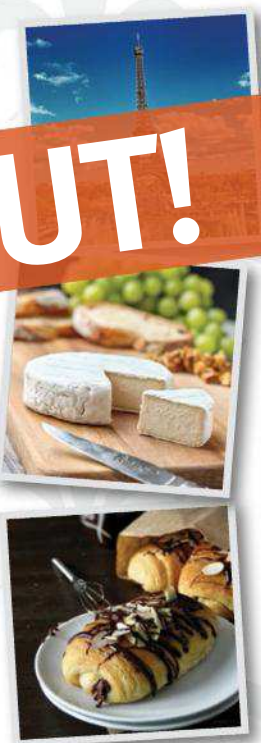
September 22–28, 2018

Join VegNews Magazine for an unforgettable week of vegan decadence in The City of Light! Relish the luxe side of the French capital while dining on elegant plant-based cuisine, sipping expertly crafted wines, and savoring the cultural extravaganzas this captivating metropolis offers.

Trip highlights...

- Dine at Paris' top vegan restaurants
- Indulge in chocolate, cheese, and wine tasting
- Take cooking classes with celebrated chefs
- Experience vegan igloo tea at a five-star hotel
- Brunch at Paris' hottest café
- Enjoy a French picnic at the Eiffel Tower
- Sip champagne at an authentic *cave à vins*
- Bicycle through charming backstreets
- Tour a neighborhood vegan *fromagerie*
- Soak in a traditional *hammam*
- Eat sumptuous French pastries
- Stroll through a famous outdoor flea market
- Take a private tour of Versailles

SOLD OUT!



VegNews hosts...



Aurelia d'Andrea
Travel Editor



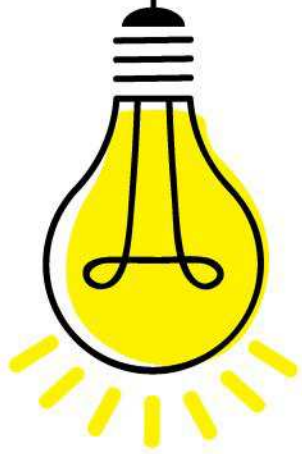
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Know-it-all **Laura Hooper Beck** solves all of your tough conundrums.



Ask Laura

Office politics, compassion fatigue,
and mom problems

Q I really want to go vegan, but I don't want to stand out as a weirdo at my office functions. Any advice?

Yes, I have a lot of advice, but this is the most important: bring the most delicious foods you possibly can to every office gathering. The more people understand that veganism is delicious, the less crap you'll get about it. Plus, the satisfaction of watching a meat-mouth devour a vegan cupcake and declaring it the best they've ever eaten never gets old. For more formal events, there's a variety of ways to deal; for restaurant dinners, check out the menu beforehand online to see what you can order. If there's nothing, call the restaurant and let them know you're vegan, and they will undoubtedly fix you something special. Now go out there and show those wonderful corporate yahoos that vegans are the best!

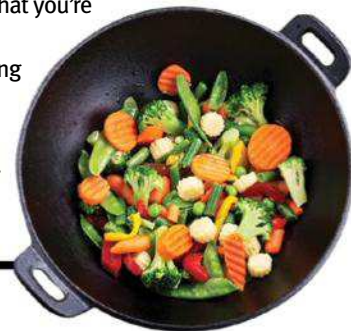


Q It seems there's violence everywhere in the news, and I can't stop letting it in. Any tips for how to chill out?

The world is a messed up place in lots of ways, and it's easy to get obsessive about all the garbage. My best advice is to pick a few causes that are important to you, prioritize helping out those organizations (by volunteering, donating, etc), and then allow yourself some time off from worrying about everything and everyone. Because that can lead to compassion fatigue, which can lead to total burnout, which ends in nothing getting done. So pick your battles, work really hard for them, and then allow time for guilt-free self-care. Might I suggest renting "Black Panther" and eating a pint of the new So Delicious Chocolate Drizzled Bananas Foster ice cream?

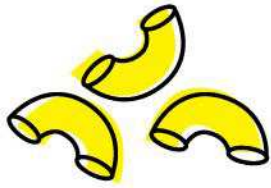
Q I'm in high school, and my mom is convinced that my vegan diet is bad for me. How can I help her understand that this isn't a phase?

Mom! Get with the '90s! Veganism is cool now! The best way to get your mom on board is to involve yourself in meal planning, grocery purchasing, and cooking. Show ma you're legit by jumping in and getting your hands dirty—pick out some new, fun ingredients, then innovate in the kitchen together. Browse recipe websites and cookbooks, visit a restaurant for a cuisine you haven't tried, and introduce her to the powers of nutritional yeast. She'll soon see that you're serious, and she might learn a thing or two about how delicious veganism is, too.



What
would
Laura
do?

"If you're a vegan living in a house of omnivores, learn how to cook! Check out the hundreds of recipes on VegNews.com and experiment until you find your favorites. Even perfecting a few simple ones will provide tasty eats for days."



Office Potluck Hero

If you want people to like you at work, you must follow two basic rules: **Rule #1: Feed them great food, and Rule #2: Don't steal lunch items from the fridge. That's just office politics 101, my friends. For office get-togethers, you want to go with glutinous goodies that'll win hearts and stomachs. Here are some ideas for what to dish out at your next workplace shindig.**

Cookie monsters Cookies are super easy to veganize, and they'll be gone before your first coworker can say, "OMG, these are vegan!?" And remember: now is not the time for your signature spirulina protein squares—dark chocolate chips all the way!

Mac and cheese, if you please There are so many stellar dairy-free varieties out there that you'll have your office mates throwing their non-vegan cheddar out the window and begging for your recipe.

No pigs in these blankies Grab some crescent dough and vegan sausages, wrap 'em up, and bake those babies. And don't forget the dipping sauces: classic marinara or cool ranch? You can't go wrong!

Party-choke dip deliciousness Warning: this will make all your coworkers fall in love with you. Find a cashew-based baked artichoke dip recipe and serve it up with crusty bread or hearty crackers. Then, stand back and watch your workplace-crush swoon.

Fresca for your fiesta *Agua de jamaica* is a Mexican staple that'll brighten any party table. And it's super simple to make: get some dried hibiscus flowers, soak in hot water for 20 minutes, strain, add your favorite sweetener, and serve over crushed ice. Is this an after-hours affair? Mix in a little booze to kick the party up a notch. **W**

Laura Hooper Beck (laurahooperbeck.com) is a vegan writer living in Los Angeles.

VegNews Vegan Yoga Retreat to Mexico

October 20–27, 2018

If you've been searching for a blissful getaway filled with yoga, organic vegan food, and a gorgeous setting, this is the vacation for you. Join VegNews and renowned yoga instructor Jasmine Tarkeshi for 8 days of ultimate relaxation in the tropical paradise of Mexico.

Trip highlights...

- Stay at a luxurious eco resort
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- Sip homemade aguas frescas
- Take a vegan cooking class with an expert chef
- Hike along the Pacific Ocean
- Linger over three-course candlelit dinners
- Join in scintillating evening fireside chats
- Relax by a bonfire with vegan s'mores
- Enjoy movie night and popcorn under the stars
- Spend lazy afternoons on the beach
- Receive a private yoga session
- Explore local shops and beaches
- Get a massage at the oceanfront spa



Your trip hosts...



Colleen Holland
VegNews



Jasmine Tarkeshi
Laughing Lotus



VegNews.com/vacations



Festival Chic

With outdoor festival season finally here, what ethical looks will you rock at the summer's hottest events?

THE JUNE 21 SOLSTICE heralds an annual phenomenon that's as predictable as summer itself: warm-weather style. Whether you favor boho-chic, surfer casual, psychotropical, or desert flower-power style, the elements are the same: colorful and flowy, whimsical accessories, and, most importantly, ease of wear. What's even better? These looks don't come at a cost to animals, and will hold their appeal for summers to come.

1/ (Fanny) Pack It In

Tropical prints are everywhere right now, and an easy way to invest in the trend is with this cute and practical **Steve Madden** bum bag. Load it up with vegan protein bars, cruelty-free sunscreen, and enough cash for kombucha refills, and head straight to the nearest music festival for a test drive.

Where to wear: SMMMILE Vegan Pop Festival in Paris, for hands-free access to all the plant-based food and drink

2/ Style by Design

Don't have the budget for an epic summer holiday this year? No worries! Crack open an **Earth Henna** tattoo kit, apply and dry, and you'll look like you've just jetted in from your best friend's wedding in Rajasthan.

Where to wear: The Bali Vegan Festival, where your decorated body gets to celebrate with yoga, music, and a high-vibe vegan community



3/ Power Puffs

This organic cotton wrap by **Love Is Mighty** features the embellishment du jour: pom-poms. Hand-woven by craftswomen in India, this multi-functional scarf boasts quality and style that'll take you from the beach to the desert and beyond.

Where to wear: Burning Man, where, wrapped around your face, it'll protect you from all that Nevada-desert playa dust while making a style statement

4/ Fringe Benefits

Fair trade looks as good as it sounds when you're wearing this fringe skirt by **EDUN**, the brand founded by U2's Bono and his wife Ali Hewson. The fact that it's made in a sustainable atelier in Madagascar is one of the sartorial benefits; the fun fringe is another.

Where to wear: At this year's vegan-friendly AFROPUNK festival in Brooklyn, while jamming to the likes of Erykah Badu, Jaden Smith, and Janelle Monae

5/ The Cold Shoulder

Nobody does one-shoulder, organic cotton dresses quite the way **Mara Hoffman** does. Like each piece in the brand's ethically produced line, this color-block cover-up is easy to wear and epitomizes warm-weather chic with its effortless simplicity.

Where to wear: LA's smokin' hot Vegan Street Fair in North Hollywood needs an outfit to match the sizzling vibe, and this is it

Can Tan

Skip the sun and still look like you spent a week in Tulum with these cruelty-free, vegan self-tanners.

With a disappearing ozone layer, our skin needs more protection than ever. If you've decided to opt out of UV exposure altogether (and with rising skin cancer rates, we can't say we blame you), you don't have to walk around looking like Jack White. Pump up the color jam with these no-fuss, no-muss, no-sun tanners.

Skinerals Californium Sunless Bronzer

This fluffy mousse tanner comes out of the bottle looking like coffee-colored foam but begins imparting its beachy magic almost immediately, giving pale skin a golden, day-in-the-sun effect. The secret to the transformative color story? Fig, açai, and goji berries. Who knew!

Chocolate Sun Cocoa Glow Tanning Cream

Aloe, shea butter, and jojoba oils give this whipped cream-scented lotion extra appeal, beyond its color-enhancing properties. It's not only hydrating and soothing, but the organic formula derives its pigment from plants, making this next-level sunless tanner a botanical sure bet.

Ethique Bombshell Self-Tanning Bar

The ingredients in this chunky tanning bar—olive oil, tapioca flour, vanilla—sound good enough to eat, although we wouldn't recommend it. Instead, rub the emollient bar right onto your legs, arms, and face, and wait for that St. Tropez glow to emerge. Re-apply daily for a healthy, endless-summer look. **V**

VegNews Beauty Editor Aurelia d'Andrea is trying out all the vegan summer trends and sharing them on Instagram at @aureliadandrea.

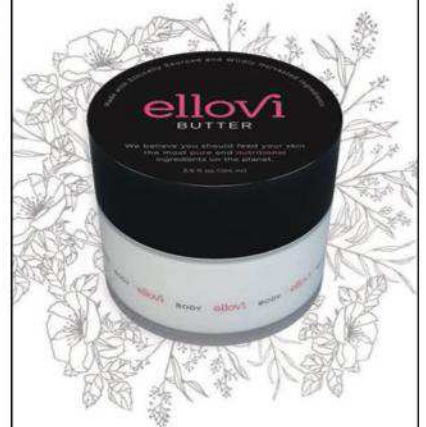
FACT

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VegNews Senior Editor **Jasmin Singer** (thinks she) knows a thing or two about love, and is baring all.



Spice It Up

Your long-term relationship may be comforting and sweet, but it might be due time to add a little heat.

Dan Savage says the secret to staying together is not breaking up. And though I don't want to delude anyone lucky enough to have found new love, I can tell you with well-worn confidence that the romance, longing, and infatuation associated with the early stages of relationships does not sustain itself—that's just the law. Now listen: I know I'm in good company with my cravings for connection, intimacy, and long-lasting partnership. So when long-term relationships (LTRs) begin to falter, I, too, am well aware of the discomfort-turned-tragedy of how that can feel. But I have found that even dusty old relationships can be rejuvenated, as long as you are each committed to trying new strategies in order to get new results. Spicing up your LTR is similar to diversifying your humdrum palate and making room for those experiences you will soon crave. You just need to shift a couple of things.

1 Same old, same old

Most people in LTRs eventually realize their routines have become predictable: they go to the same Indian restaurant, order the same samosas, and then catch a flick at that same ol' theater. Though there is indeed sweetness in familiarity, sometimes, the same old same old can become so commonplace that together-time feels like you're moving through life on autopilot.

Spice it up: Surprise your honey by shaking up your routine to keep each of you engaged and present. If you normally make Tofurky roast as your fancy weekend meal, think about how to mix it up. Maybe that means serving that roast with a side of broccolini and homemade tahini drizzle. If you're in a rut because you always get take-out, how about a date with your lover to the farmers' market for some vegetable inspiration, followed by a gourmet cooking session at home? As a mediocre-at-best cook, I can tell you that if I can do this, you

definitely can—you really only need garlic salt, an air fryer, and a sense of humor. The point is: there are always other ways to be, and your love life might benefit from exploring them.

2 Too close for comfort

So you already think you know everything about one another. You've been together for 10, 20, or more years than you can even remember. Heck, you could write your lover's memoir more easily than they could. And though there is such admiration for that brand of a long-term lover, there's a lot to be said about mystery and surprise. As long as you are each committed to romantic evolution, there will always be more to learn about one another.

Spice it up: Decide that on one day a week or month, you will have complete radio silence from one another—that means no texting or communicating at all—so that

(happy wives equals happy lives). If your connection with your spouse has become centered around the kids, or the bills, or the well-rehearsed choreography that too often propels us from this part of the day to the next, I can tell you that as hard as this is to believe, all is not lost. You can indeed have it all; you might just need to put the same degree of attention on your sex life as you do on car maintenance.

Spice it up: If you aren't seeing your sweetheart as sexy these days, chances are, they aren't seeing you as sexy either. And not to get all hippie-dippie about it, but the truth is, the first thing you need to do is make sure that you feel sexy (there's truly nothing more alluring than body positivity mixed with some good old self-confidence). Next, shock your partner by actually talking to them about your fantasies and intentions (I promise you that you can do this). Then, plan a time to do the deed, and if you are too rusty to go all-in just yet, simply agree to spend an

Even dusty old relationships can be rejuvenated, as long as you are each committed to trying new strategies in order to get new results.

the next day, you will have lots to discuss over a supper of the aforementioned farmers' market-inspired eggplant curry or strawberry streusel. Put energy into getting to know your long-term love all over again. Step it up by writing out a pop quiz in which you ask each other prompting questions. What is their least favorite condiment? Where would they want to be in five years if they had no obligations? Then listen, and keep listening. You fell in love for a reason; sometimes, you need to be patient as you allow that love to rear its head again. It's not always automatic, and that's completely normal.

3 Sex slump

If there's one thing that's bound to suffer in a LTR, it's your sex life. This is very typical, and the issue is usually an unfortunate (but, again, commonplace) mix of laziness and allowing responsibilities to dictate your connection rather than prioritizing the longevity of your romance

hour on foreplay (coconut whip is good for more than just vegan sundaes) and leave it at that. Need even more of a hand? Sit down with your lover, visit babeland.com, and pick out a fun new toy (don't forget the clearly labeled vegan lube and please, please skip the edible underwear—that never ends well), then get to it! You and your lover will be turning up the heat in no time. **VA**

XO,

jasmin

Jasmin Singer (jasmingsinger.com) is the senior editor of *VegNews*, the co-host of the *Our Hen House* podcast, and the author of the memoir, *Always Too Much and Never Enough*.



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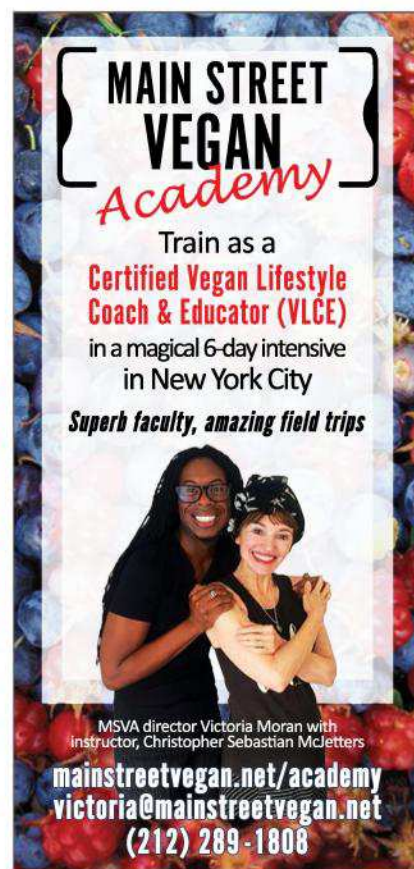
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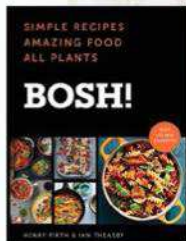
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veg media

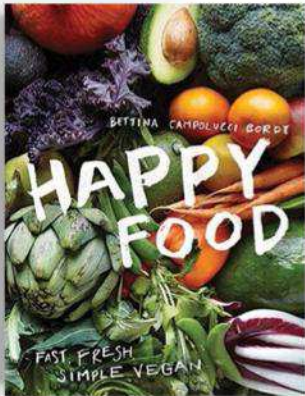
Very Viral

Since debuting in 2016, BOSH! has amassed a following its creators never thought possible. “We were a couple of mates from Sheffield who ate meat every single week,” now-vegan founders Henry Firth and Ian Theasby say. “Now, we run BOSH!, the biggest plant-based online channel in the world.” The British-bred vegan brand’s recipe videos—including Galaxy Donuts, Satay Sushi Rolls, and BBQ Pulled Jackfruit Burgers—were viewed by half a billion people in its first year. Three years later, and BOSH! has become a force to be reckoned with. Enter, **BOSH!: Simple Recipes, Amazing Food, All Plants**. With this debut cookbook, fans can have an entire library of inventive, five-napkin dishes at their fingertips (think Sticky Toffee Pudding, Jerk Jackfruit & Plantain Pizza, and Burrito Samosas), all with no WiFi required. But of course, if you need a little help getting your jackfruit braised just right, an accompanying step-by-step video is just a click away.



Let's Cook

Don't miss today's latest and greatest cookbooks that make plant-based eating a breeze.



Happy Food

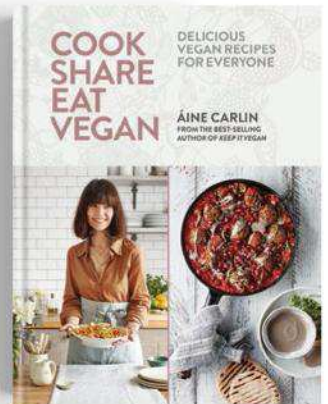
Good food makes anyone smile. But Chef Bettina Campolucci-Bordi's colorful book—featuring beautiful, eyes-see-first meals; happy dance-inducing flavors; and tastes from around the world (Campolucci-Bordi's lived in Tanzania, Bulgaria, Italy, and beyond)—will slap a permanent grin on your face.

Must-make: Mario's Italian Stuffed Veggies, Smoky Sumac Green Beans, and Banoffee Pie

Cook Share Eat Vegan

Featuring 118 irresistible, internationally inspired dishes, the 240-page book by Irish-born actress-turned-author Ainé Carlin is guaranteed to seriously shake up your dinner menu. Don't believe us? Celeriac steaks, Sicilian caponata, and fluffy steamed buns will prove us right.

Must-make: Hawaiian Mango Poké Boats, Battered Tofu Fingers, and Coconut & Cardamom Macaroons



Vegan Yack Attack on the Go!

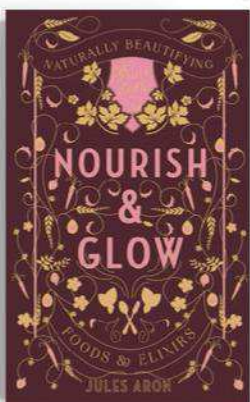
What do veggie rolls, sandwiches, cookies, and burritos have in common? They're all easy to make, handheld, and the focus of "Vegan Yack Attack" blogger and VN food columnist Jackie Sobon's newest book that aims to make mouthwatering meals quick and portable. Antipasto salad-in-a-jar, you just became our new best friend.

Must-make: Crustless Quiche Bites, Tempeh Adobo Tostadas, and Pita Pizza Trio

Mindful Vegan Meals

After recovering from a six-year struggle with an eating disorder, Canadian food blogger Maria Koutsogiannis inspires readers with nourishing meals that helped her on her journey to see food as friend, not foe. From recipes to anecdotes, Koutsogiannis' lust for life shimmers from every page of her debut cookbook.

Must-make: When Greeks Marry Italians Pizza, Self-Love Buddha Bowl with Baked Falafel, and Breakfast Cake



Nourish & Glow

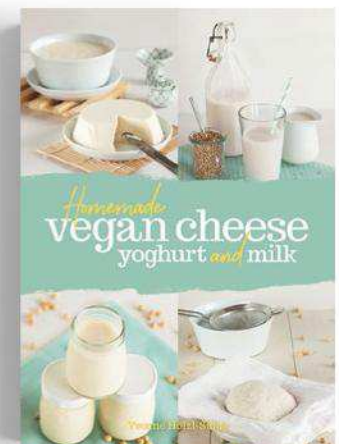
Holistic wellness coach Jules Aron's book is practically pocket-sized, but explodes with fun, nutrient-dense (no, they're not mutually exclusive) recipes that promote well-being. We love the beauty-food spotlights that explain the benefits of specific ingredients. We're looking at you, energy-boosting maca root!

Must-make: Vegetable Beauty Broth, Wild Mushroom Spinach Tarts, and Blueberry Maqui Cheesecake

Homemade Vegan Cheese Yoghurt and Milk

Transform your kitchen with this must-have guide to all things vegan dairy. German chef Yvonne Hölzl-Singh takes you through everything from kitchen utensils to fermentation starters, so you'll be whipping up mascarpone in no time.

Must-make: Tomato and Rosemary Cheese, Herby Cream Cheese Roll, and Fermented Almond Crème Fraîche





Get Digital

Look no further for the very best vegan happenings in social media, blogs, podcasts, apps, and more.



Pick Up Limes

More than 850,000 fans can't get enough of the **weekly videos filled with tips on how to lead an uncomplicated life** from Canadian YouTuber extraordinaire Sadia Badiei. She covers everything from simple plant-based recipes (Deconstructed Sushi Bowl, Easy Vietnamese Noodle Soup, and Chocolate & Hazelnut Milkshake Smoothie) to stress-reducing minimalism (Declutter Your Life, 30 Days to Minimalism, and Money Saving Hacks).



Vegtravelbuddies.com

After an epiphany during a yoga class, New York City-based Tina Chau created this **travel-friendly, community website** to encourage fellow vegetarians and vegans to connect during their voyages. Users can meet and match with other veg-heads all around the world based on travel destination, gender, age, and diet preferences—after all, checking out all the vegan hot spots a city has to offer is easier with a partner in crime.



@artsyagnes

Classically trained dancer, actress, and photographer Agnes Muljadi's dreamy Instagram feed grants followers a sneak peek into the **LA-based beauty's eco-fabulous life**, featuring all of her favorite fashion brands, skincare faves, vegan supplements, and even run-ins with veg celebs. Plus, photos of the ballerina's dancing is sure to bring beauty and grace to your feed.



The Chickpeeps

Harry Potter starlet and stage actress Evanna Lynch teams up with co-hosts Momoko Hill, Robbie Jarvis, and Tylor Starr in this **highly engaging weekly podcast** focused on topics ranging from animal rights in the world of *Harry Potter* to ending cosmetic testing with featured guests from vegan-friendly LUSH Cosmetics.



@veganeatsnyc

Consulting analyst by day and major vegan foodie by night, millennial noodle fanatic Crystal Pang has racked up a following of more than 31,000, thanks to her mouthwatering virtual guide to all of the **best eats** (think stuffed waffle burgers, Japanese shaved ice, and coconut dulce de leche doughnuts) in the city that never sleeps.



Tabitha Brown

Gone-viral vegan food vlogger (of Whole Foods TTLA fame) and actress Tabitha Brown has more than 130,000 followers tuning into her infectiously positive Facebook videos—including "This vegan Mac and cheese tho" and "Amy's Kitchen girl you alright with me"—to get her real (and real hilarious) **opinions on popular vegan products and events**.



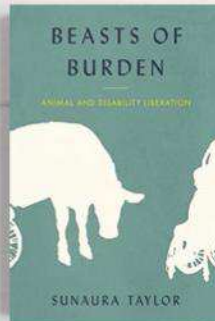
Photos: courtesy of @artsyagnes and Tabitha Brown

Hit List

Ever wonder what VegNews editors are obsessed with? Here's a look at the media we can't get enough of.

"I can't put down **Beasts of Burden: Animal and Disability Liberation** by Sunaura Taylor, a refreshingly provocative book that focuses on the entanglements within disability and animal rights. Taylor presents her experiences with insights that have left me enlightened and emboldened."

—Jasmin Singer, Senior Editor

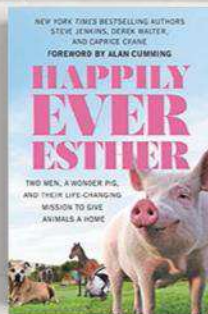


"I have been using vegan journalist Ashlee Piper's **Give a Sh*t: Do Good. Live Better. Save the Planet** as an inspirational tool to really care about the things I eat, the way I feel, and how I treat others. Piper is one feisty, stylish lady whose wild sense of humor jumps from the pages of her first book."

—Anna Starostinetskaya, News Editor

"I've been following the adventures of Esther the Wonder Pig and her two dads for a while, and now, with **Happily Ever Esther**, I get a behind-the-scenes peek into Steve Jenkins and Derek Walter's journey to open an animal sanctuary. Their humor, positivity, and compassion inspire me to live a more curious life ... and to laugh more!"

—Aruka Sanchir, Editorial Assistant



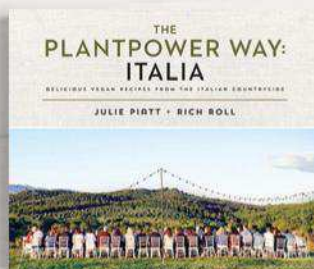
"Since discovering **The Aphrodisiac Kitchen** by Andreas Joshua, I've been looking at food in a whole new light. The queer journal explores vegan food through artistic vignettes of romance, community, and friendship, while unpacking topics like the meat industry and toxic masculinity, Israel's violent cuisine, and how the dinner table brings us closer together."

—Richard Bowie, Associate Editor



"I can't wait to start cooking from dynamic duo Rich Roll and Julie Piatt's **The Plantpower Way: Italia**. After a dozen trips to Italy, I've become obsessed with Italian food and love that it's inherently vegan-friendly. This gorgeous book promises to transform even novice cooks into pizza, pasta, and antipasti pros, three things I really want to add to my culinary resumé!"

—Aurelia d'Andrea, Travel + Beauty Editor



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Veg picks

Searching for today's hottest vegan products? Look no further. Count on VegNews editors to taste and test all products we recommend to our readers.

illustrations by RUBY ROTH



Tuna tonight

Vegan seafood is the future, and **Good Catch Foods** is getting in on the game with its genius, convincingly fishy Fish-Free Tuna. Made from a six-bean blend including soy, chickpeas, and navy beans, these casserole-ready pouches (developed by sibling-chef team Derek and Chad Sarno) will leave even the staunchest New Englander dreaming of a sea of fish-free possibilities.



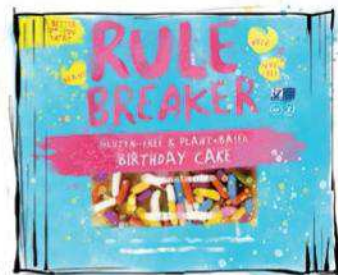
Link up

Following its massively successful Beyond Burger launch, **Beyond Meat** is at it again with its game-changing Beyond Sausages. We're pairing the juicy, succulent, and totally grillable Brat Original with beer cheese sauce, the Hot Italian with grilled sweet peppers, and the Sweet Italian with caramelized onions and grainy mustard for the sausage party of our dreams.



Snacking sweet

The chocolate bark we love so much during the holiday season is getting a year-round makeover, courtesy of **Alter Eco's** Dark Chocolate Coconut Clusters. We can't get enough of the Cherry + Almond Butter, with dollops of creamy almond butter, tart dried cherries, and toasted coconut atop slabs of dark chocolate. The cherry on top? They are good enough for a 3 o'clock snack break or sprinkled over our sundaes.



Birthday bash

It's not our birthday, but hey, rules are meant to be broken. So we're celebrating with **Rule Breaker Snack's** addictive Birthday Cake Blondies. These sweet, decadent squares are studded with vegan white chocolate, finished with a flourish of vegan sprinkles ... and are made from chickpeas! No need to light any candles—our wish has already come true.



Cheese, please

From hard parmesan wedges to delicate brie, there's virtually no cheese the vegan world hasn't mastered. Case in point: **Plant Snacks'** new Beet with Vegan Goat Cheese chips. Gluten-free cassava root squares are infused with savory vegan goat cheese and given a rosy tinge from earthy beets for a sophisticated, crispy snack we think is the GOAT (Greatest Of All Time).



Eat your smoothie

Our morning smoothie and a delicious energy bar all mixed into one? Yes, please! **Clif Bar's** new Fruit Smoothie Filled Bars infuse luscious cashew butter with fruit, and then stuff it inside a moist, protein-packed bar. Plus, in flavors such as Wild Blueberry Açaí, Strawberry Banana, and Tart Cherry Berry, we'll be saving a fortune at our smoothie shop.



Pizza party

When's the last time frozen pizza has blown you away? For us, it was the first bite of **Sweet Earth Foods'** new Veggie Lovers Pizza. A crisp, flavorful, corn-chia crust holds marinara and creamy cauliflower sauces, Follow Your Heart cheese, and roasted vegetables like broccolini, Brussels sprouts, and mushrooms. Sweet Earth, without a doubt, has earned a *pizza* our hearts.



It's a wrap

Frozen convenience is now at our fingertips, thanks to the new line of microwaveable plant-based burritos from **Alpha Foods**. Flavors such as Chick'n Fajita, Philly Sandwich, and Pizza are made with melty dairy-free cheese, vegan meats, and zesty sauce, for the perfect done-in-a-minute, handheld meal. Plus, they're available in Walmart, bringing the power (and deliciousness) of plants to the masses.



Iced to meet you

Our editors have been known to indulge in cup after cup of steamy, hot chai to help fuel long workdays. Now, **Bhakti** is serving up a summer-ready version with its Iced Chai line. The company teamed up with New York-based Elmhurst Milked to combine expertly spiced chai with super-creamy cashew milk. Our advice: go for a bottle of the chocolate-ginger Mocha, featuring cocoa, warming spices, and the perfect amount of sweetness—a must-*chai* for sure.



Pint perfect

When a 70-year-old California dairy company switches gears and launches an out-of-this-world line of dairy-free ice cream made with pea protein, you know we're paying attention. That's why we've fallen in love with **McConnell's Fine Ice Cream's** new über-smooth pints, including Eureka Lemon & Marionberries, Turkish Coffee, and Cookies & Cream. Now if you'll please excuse us, we have sundaes to make.

Veg MARKETPLACE

The where-to-get-it section.

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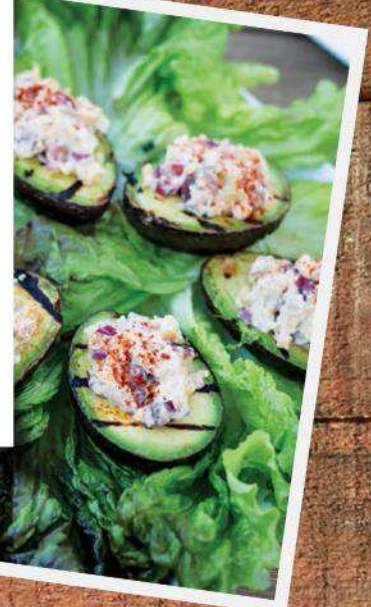
the end



Juicy, sweet, salty, and spicy come together for a mouthwatering watermelon app.



Grilled avocados stuffed with chickpea salad? Yes, please!



Sizzling Soirée

Celebrity Chef **Leslie Durso** shares her simple, go-to tricks for throwing a sun-sational, show-stopping vegan summer bash.

photos by **STEPHANIE DAY**



No meat? No problem! Stuff your tacos with portabello asada, guacamole, and fresh pico de gallo.



There's no time to party like summer. It's the season for coming together with friends, romantic evenings with your sweetie, and sipping drinks with tiny umbrellas. If there are no sun-drenched festivities on your calendar, throw one yourself! But where to start? We went to celebrity chef and party-planner extraordinaire Leslie Durso for a game plan. Between designing the new vegan menu at the Four Seasons Punta Mita resort in Mexico and partnering with online plant-based academy PLANTLAB, Durso has the know-how to turn an ordinary July night into a fabulous summer soirée. Here are her 10 tips on how to do it with style.

1 Keep it simple

When it comes to what food to serve, it's easy to get carried away. Remember: the easier the better. Stick to fresh ingredients, and try to avoid processed food like casseroles, mac and cheese, and potato chips. Since I love dips, I swap junky chips for fresh, colorful vegetables such as sliced cucumber, celery, and jicama.

2 Summer swills

There's no better way to bask in the enjoyment of a celebration than a refreshing sparkling wine cocktail with a scoop of raspberry sorbet and a garnish of plump, juicy blueberries.



We want to be invited to Chef Leslie Durso's next bash!

3 Plan ahead

Everything takes more time than you think, so making to-do lists and writing out your menu beforehand will be extremely helpful. Serving foods that keep at room temperature will also make life much easier, and there is no shame in asking guests to bring dishes, potluck-style.

4 Think themed

Oh honey, I love a good theme! One fun option is a backyard toga party—the Roman-inspired frocks are so in fashion right now and super-easy to make. Go all in, from the decorations (think white and gold streamers) to the food (go Greek with hummus and pita, good olives, and platters of fruit). Whatever theme you land on, think big!

5 Reuse, recycle, repeat

I'm a huge fan of repurposing items from around the house for décor. One of my favorite quick, beautiful, and inexpensive centerpieces is leftover empty tin cans wrapped with decorative tape, or mason jars tied with colorful ribbons. Go glam on a budget with inexpensive flowers like daisies or baby's breath.

6 All in the details

Get creative by cutting out denim pockets for your napkins and silverware. Or if you want a unique and interactive touch, hang a huge piece of butcher-block paper, provide some paint and brushes, and let guests doodle, inscribe messages, and play tic-tac-toe through the night.

7 Have fun with photos

Everyone loves post-party photos. So step up from iPhone snapshots and hire a professional! Apps like Ographr make booking budget-friendly photographers easy, so you can spend more time focusing on having fun (and striking the perfect pose).

On the menu

- * Watermelon on a stick, sprinkled with lime and chili salt
- * Guacamole with grilled corn and jicama chips
- * Warm spinach artichoke dip
- * Grilled avocados stuffed with chickpea salad
- * Charred portabello asada tacos with fresh pico de gallo
- * Star-shaped red, white, and blue rice crispy treats
- * Superfood popsicles infused with baobab, maca, dragonfruit, and blue algae

8 Dress to impress

Good soirée attire should include simple floral dresses, or a pair of summery organic cotton pants with a sexy, flowing cotton shirt. Go for an outfit that's light, airy, and chic so you can feel and look your best without being constricted by too many buttons or zippers.

9 Groovy tunes

When it comes to the perfect party tunes, oldies are always a hit no matter the age of your guests. And to keep the energy up, nothing gets people on the dance floor like the Hip Hop BBQ playlist on Pandora.

10 Game time

A fun way to get things going is to play group games like 2 Truths and a Lie and Never Have I Ever. If you're feeling active, physical games like an adult Slip 'n Slide or a giant Jenga is sure to draw a crowd. The key? Get people laughing! **W**

theend

S'more, Please!

There's a reason why the classic s'more has remained the same after all these years. The first recipe was published in the 1927 edition of *The Girl Scout handbook*—paving the way for millions of sweet-toothed, stargazing, summer adventurers. Fast forward to 2018, and just about the only thing that's changed is its audience: vegans are all in! All that's needed is honey-free graham crackers, dairy-free chocolate, and vegan marshmallows. Sure, you can change things up by adding homemade Nutella, grilled fruit, or nut butter, but for us, old school rules. So whether you take yours with charred-to-a-crisp marshmallows sandwiched with coconut milk chocolate or lightly toasted and open-faced with a smear of ultra-rich ganache (queue up Instagram!), you don't need more than three ingredients, fire, and a little fun. Happy roasting! **VN**

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